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# The Problem: Substance Abuse Prevalence & Trends

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**PREVALENCE**

Adolescent  
Substance  
Use and Beliefs

Adult  
Substance  
Use

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# The Problem: Substance Abuse Prevalence & Trends

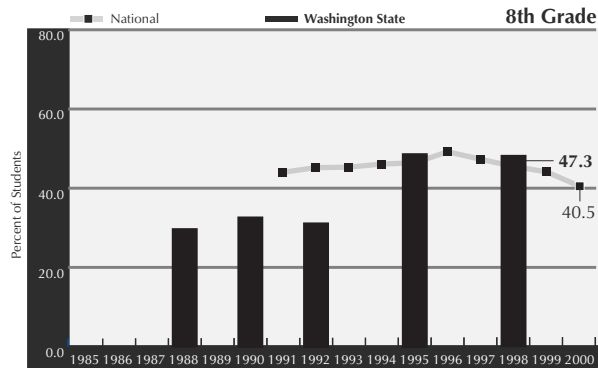
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**PREVALENCE**

Adolescent  
Substance Use  
and Beliefs

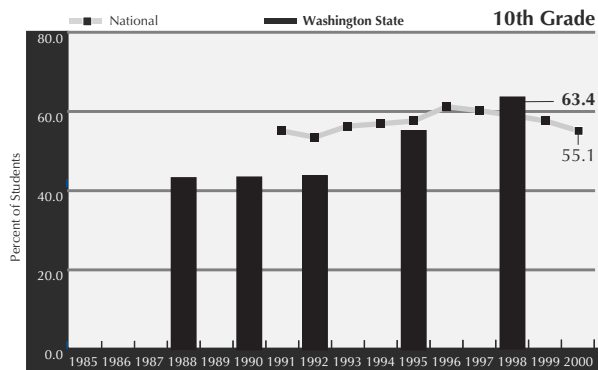
Adult  
Substance  
Use

## In 1998, Washington State Students in Grades 8, 10, and 12 were More Likely to Have Ever Smoked a Cigarette than Their Counterparts Nationally. \*



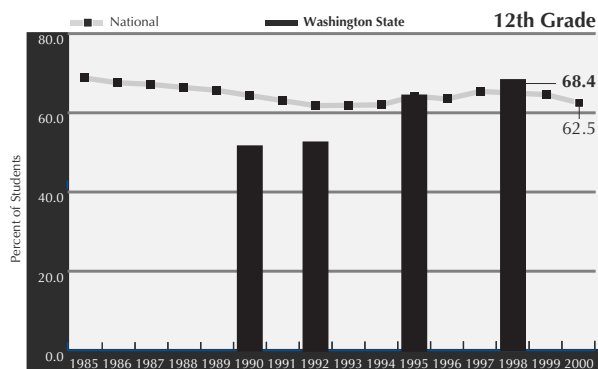
These graphs indicate that, in 1998, a lower percentage of Washington State students in grades 8, 10, and 12 were likely to have tried smoking than their counterparts nationally. *Healthy People 2010* sets a target objective to increase the average age of adolescents' first use of tobacco products from 12 to 14.

Tobacco use, particularly cigarette smoking, is the leading cause of preventable illness and death in the United States.<sup>1</sup> A 1996 federal Centers for Disease Control and Prevention study indicates that 33% of young smokers will eventually die as a result of tobacco use, if current use patterns continue.<sup>2</sup>



<sup>1</sup> Centers for Disease Control and Prevention (2000). Reducing tobacco use: A report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services.

<sup>2</sup> Centers for Disease Control and Prevention (1996). Projected smoking-related deaths among youth – United States. Morbidity and Mortality Weekly Report 45: 971-974.

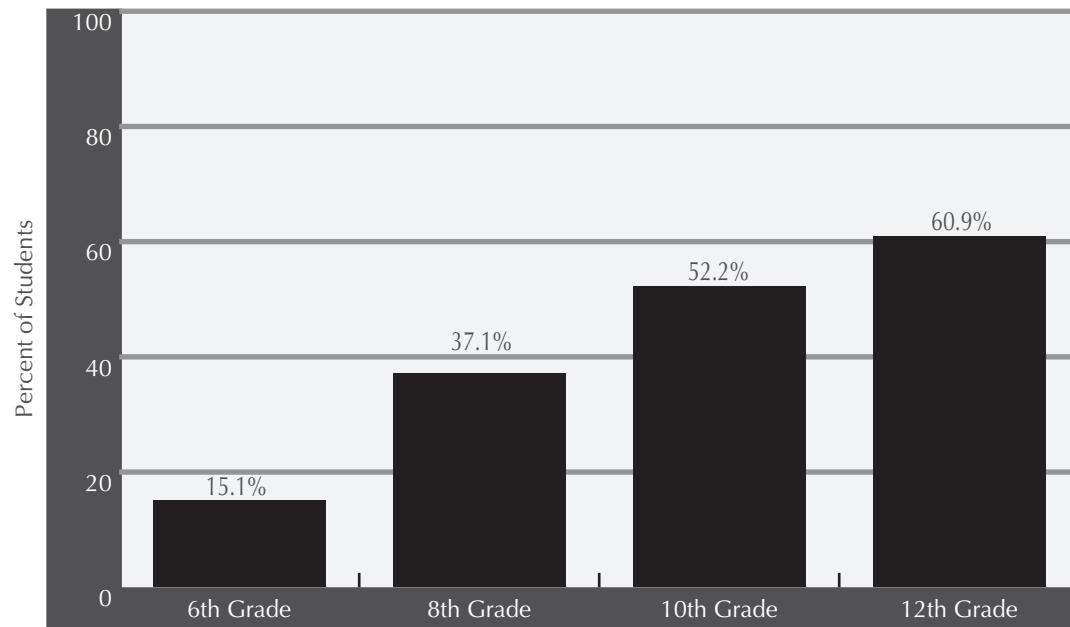


\* The Washington State Survey of Adolescent Health Behaviors (WSSAHB) 2000 was administered significantly earlier during the school year than in previous WSSAHBs. The result is that students were younger, with correspondingly less time in school. In addition, seasonal factors may have affected the results. Some of the questions were also changed. As Washington 2000 data may not be comparable to previous surveys or results from the national Monitoring the Future survey, it is not displayed here.

Source: National data from the National Institute on Drug Abuse, Monitoring the Future. State data from the Office of Superintendent of Public Instruction, Washington State Survey of Adolescent Health Behaviors.



## By 12<sup>th</sup> Grade, More than 60% of Washington Adolescents Have Tried Smoking.



Source: Office of Superintendent of Public Instruction, Washington State Survey of Adolescent Health Behaviors 2000.

While the percentage of students who have tried smoking has remained relatively stable over the past decade, there are clear indications that in Washington State, experimentation and use of smokeless tobacco among students is on the decline.<sup>1</sup>

*Healthy People 2010* notes that data from community research studies and other evidence indicates that increasing excise taxes on cigarettes, when combined with smoking campaigns, is one of the most cost-effective short-term strategies to prevent tobacco initiation among youth.<sup>2</sup>

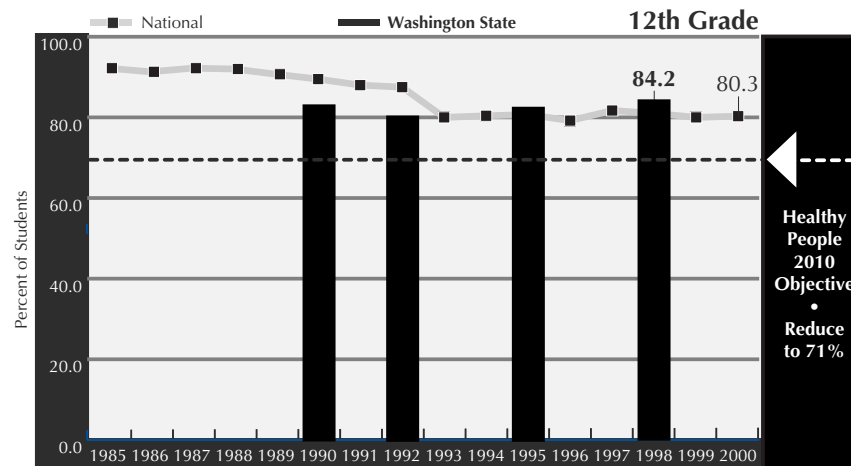
<sup>1</sup> Office of the Superintendent of Public Instruction, Washington state survey of adolescent health behaviors 2000, 33-34.

<sup>2</sup> U.S. Department of Health and Human Services. (2000). *Healthy people 2010* (Conference edition), 27-6. Washington, DC .

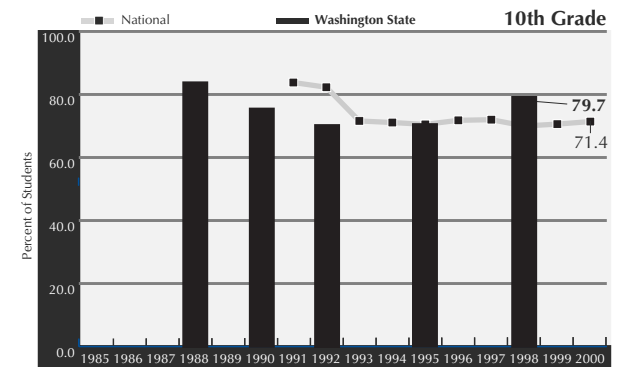
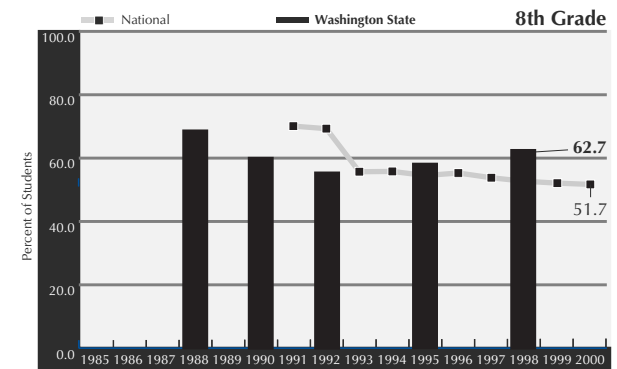
## In 1998, a Higher Percentage of Washington State Students in Grades 8, 10, and 12 Had Tried Alcohol than Their Peers Nationally.\*

These graphs indicate that in 1998, Washington State students in grades 8, 10, and 12 were more likely to have tried alcohol than students in these grades nationally.

**Healthy People 2010** sets a target objective of increasing the percentage of high school seniors who have never tried alcohol to 29%.



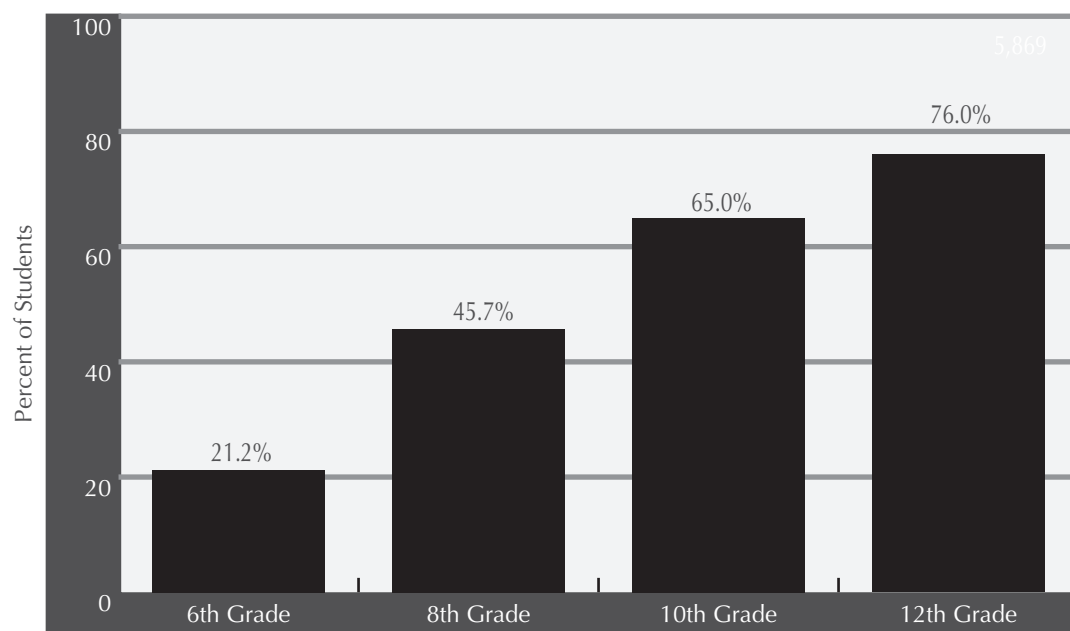
Source: National data from the National Institute on Drug Abuse, Monitoring the Future. State data from the Office of the Superintendent of Public Instruction, Washington State Survey of Adolescent Health Behaviors.



\* The Washington State Survey of Adolescent Health Behaviors (WSSAHB) 2000 was administered significantly earlier during the school year than in previous WSSAHBs. The result is that students were younger, with correspondingly less time in school. In addition, seasonal factors may have affected the results. Some of the questions were also changed. As Washington 2000 data may not be comparable to previous surveys or results from the national Monitoring the Future survey, it is not displayed here.



## By 12<sup>th</sup> Grade, More than Three Quarters of Washington Students Have Tried Alcohol.



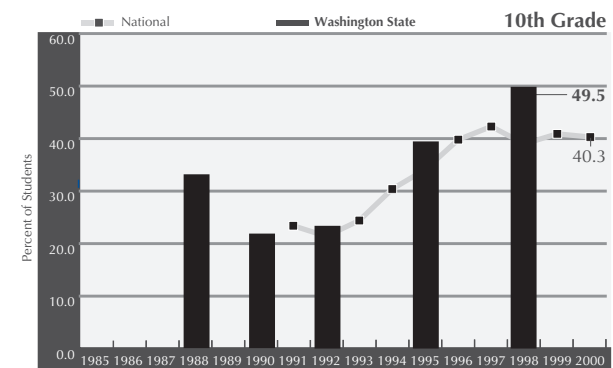
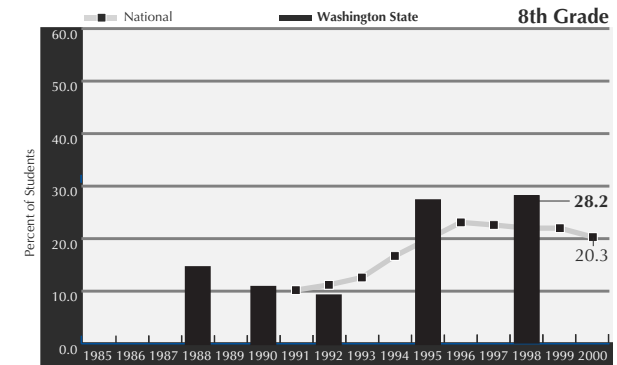
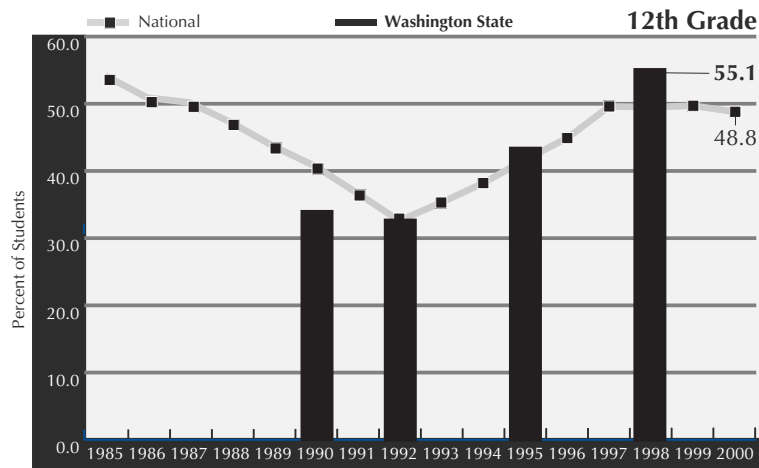
Source: Office of Superintendent of Public Instruction, Washington State Survey of Adolescent Health Behaviors 2000.

Almost half of Washington students have tried alcohol before they reach high school. *Healthy People 2010* sets a target objective of increasing the percentage of high school seniors who have never used alcohol to 29%

## In 1998, a Higher Percentage of Washington State Students in Grades 8, 10, and 12 Had Tried Marijuana than Their Peers Nationally.\*

These graphs indicate that in 1998, Washington State students in grades 8, 10, and 12 were more likely to have tried marijuana than students in these grades nationally. Besides being associated with a variety of health risks, marijuana can contribute to risky behaviors and adverse physical and social consequences.

*Healthy People 2010* sets a target objective of increasing the percentage of high school seniors who have never used illicit drugs to 56%.

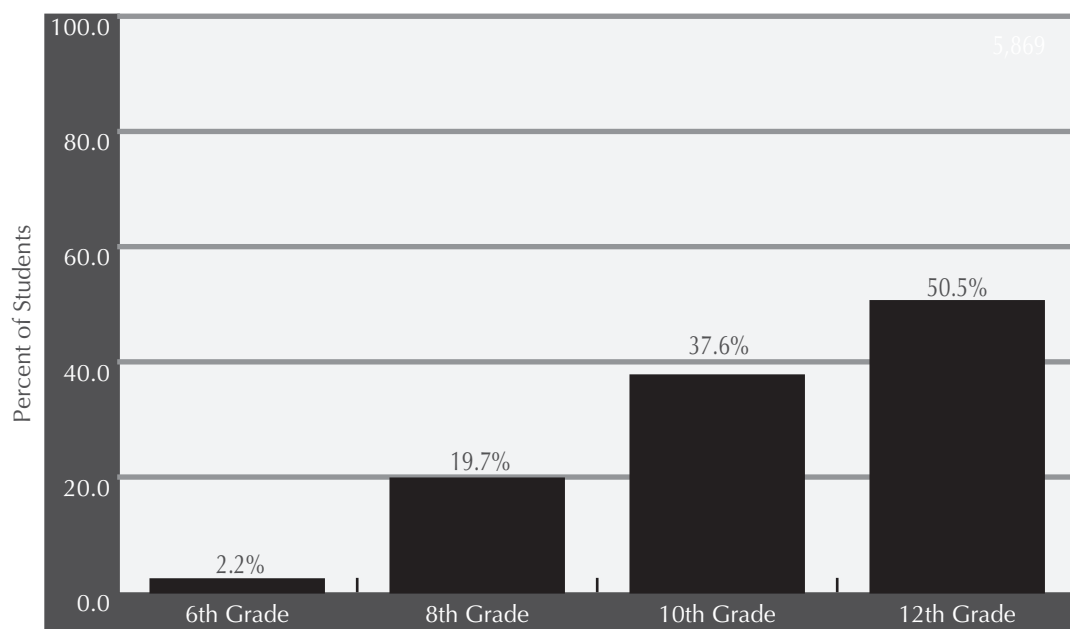


Source: National data from the National Institute on Drug Abuse, Monitoring the Future. State data from the Office of the Superintendent of Public Instruction, Washington State Survey of Adolescent Health Behaviors.

\* The Washington State Survey of Adolescent Health Behaviors (WSSAHB) 2000 was administered significantly earlier during the school year than in previous WSSAHBs. The result is that students were younger, with correspondingly less time in school. In addition, seasonal factors may have affected the results. Some of the questions were also changed. As Washington 2000 data may not be comparable to previous surveys or results from the national Monitoring the Future survey, it is not displayed here.



## By 12<sup>th</sup> Grade, More than Half of Washington Students Have Tried Marijuana.



Source: Office of Superintendent of Public Instruction, Washington State Survey of Adolescent Health Behaviors 2000.

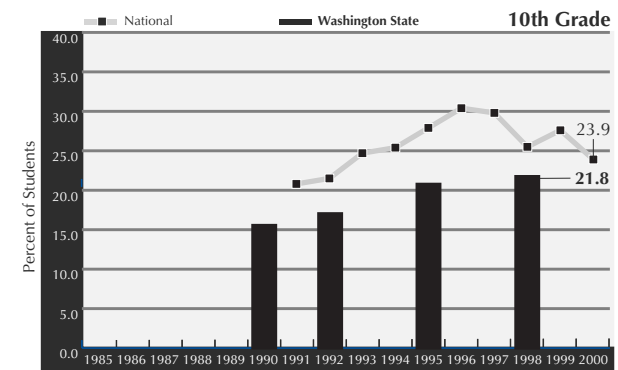
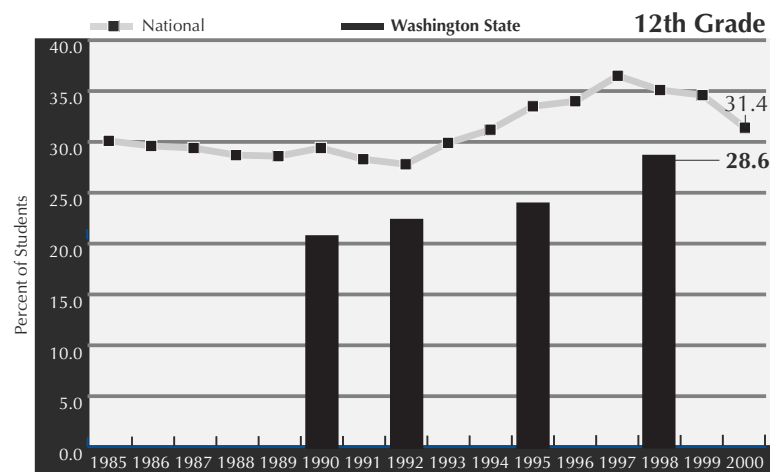
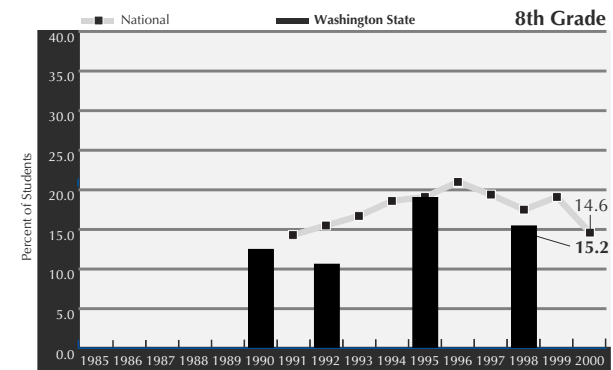
About one-fifth of Washington students begin use of marijuana while they are in middle school. A study by the National Center on Addiction and Substance Abuse at Columbia University (CASA) found that substance abuse and addiction nationally added \$41 billion, or 10%, to the cost of elementary and secondary education in 2001 due to class disruption and violence, special education and tutoring, teacher turnover, truancy, children being left behind, student assistance programs, property damage, injury, and counseling.

CASA also estimates that 60% of high school students and 30% of middle school students attend schools where illegal drugs are kept, sold, and used. Among 10<sup>th</sup> graders surveyed, 87% said it was easy to get tobacco, 88% to obtain alcohol, and 78% to get marijuana.<sup>1</sup>

<sup>1</sup> National Center on Addiction and Substance Abuse at Columbia University. (2001). Malignant neglect: Substance abuse and America's schools. New York, NY.

## In 1998, Washington State 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> Graders were Less Likely to Have Smoked a Cigarette in the Past 30 Days than Their National Counterparts.\*

This graph indicates that in 1998, Washington State students were less likely to have recently smoked a cigarette than students in similar grades nationally. *Healthy People 2010* sets a target objective to reduce cigarette smoking by students in grades 9-12 to 16%.

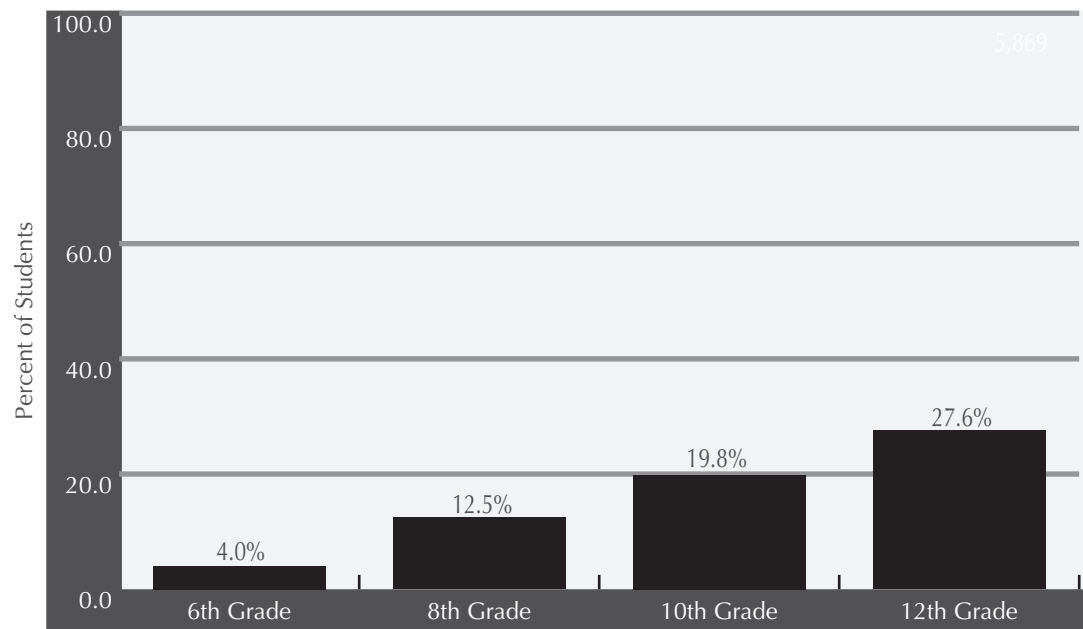


Source: National data from the National Institute on Drug Abuse, Monitoring the Future. State data from the Office of Superintendent of Public Instruction, Washington State Survey of Adolescent Health Behaviors.

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# By 12<sup>th</sup> Grade, More than a Quarter of Washington Students Report Having Smoked a Cigarette in the Past 30 Days.



Source: Office of the Superintendent of Public Instruction, Washington State Survey of Adolescent Health Behaviors 2000.

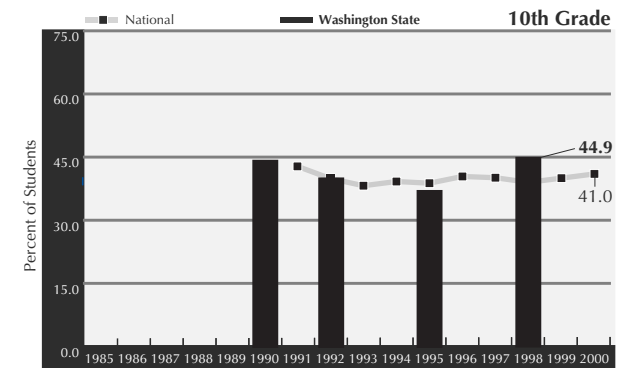
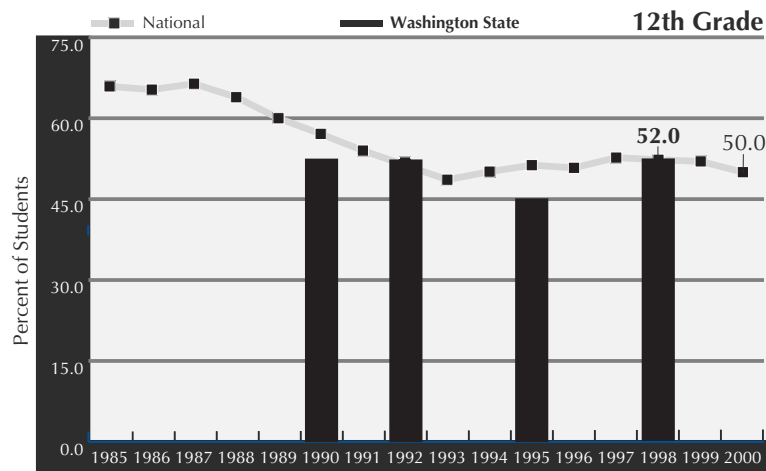
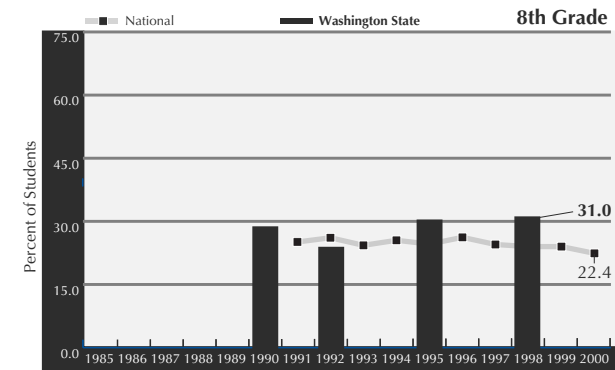
Among young people, short-term health consequences of smoking include respiratory and non-respiratory effects, nicotine addiction, and the associated risk of other drug use. Long-term health consequences of youth smoking are reinforced by the fact that most young people who begin to smoke regularly in their youth continue to smoke as adults.<sup>1</sup> Nationally, almost 44% of high school seniors who smoke report that they would like to stop smoking. About 30% of high school seniors who smoke report that they have tried to quit but have failed to do so.<sup>2</sup>

<sup>1</sup> Centers for Disease Control and Prevention. (1994). Tobacco use among young people – A report of the Surgeon General. Washington DC: U.S. Department of Social and Health Services.

<sup>2</sup> U.S. Department of Social and Health Services. (2000). Healthy people 2010 (Conference edition), 27-23.

## In 1998, Washington 8<sup>th</sup> and 10<sup>th</sup> Graders were More Likely to Have Used Alcohol in the Past 30 Days than Their Counterparts Nationally.\*

In 1998, Washington State high school seniors reported using alcohol in the past 30 days at the same rate as high school seniors nationally. A 2002 study found that teens drink one quarter of all alcohol consumed in the United States.<sup>1</sup>



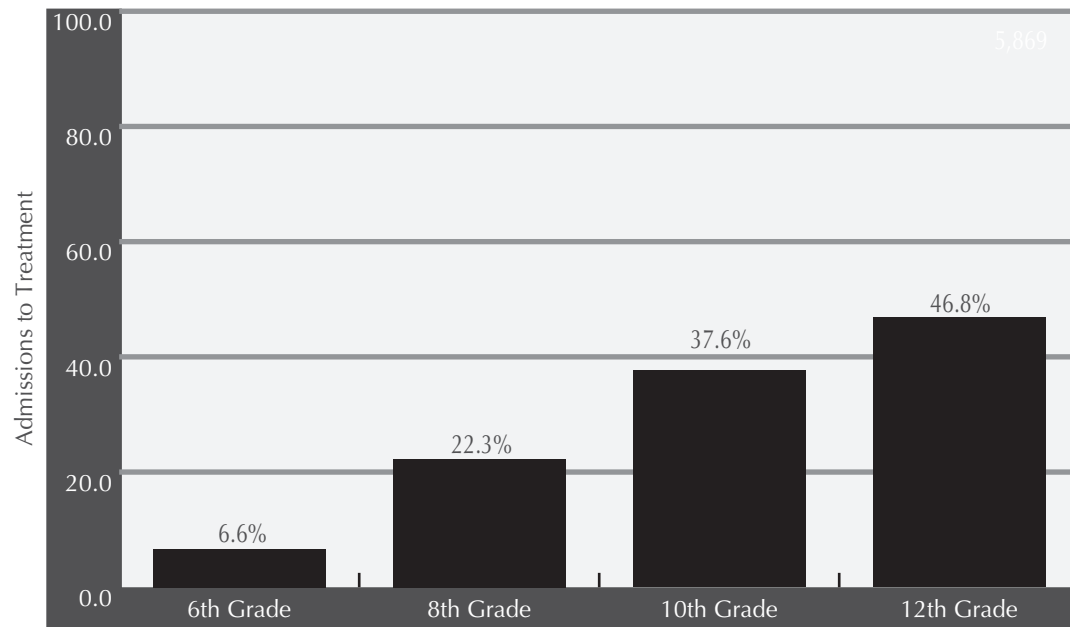
Source: National data from the National Institute on Drug Abuse, Monitoring the Future. State data from the Office of Superintendent of Public Instruction, Washington State Survey of Adolescent Health Behaviors.

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<sup>1</sup> National Center on Addiction and Substance Abuse at Columbia University (2002). Teen Tipplers: America's Underage Drinking Epidemic. New York, NY.



## Almost One Quarter of Washington State 8<sup>th</sup> Graders Report Having Used Alcohol in the Past 30 Days.

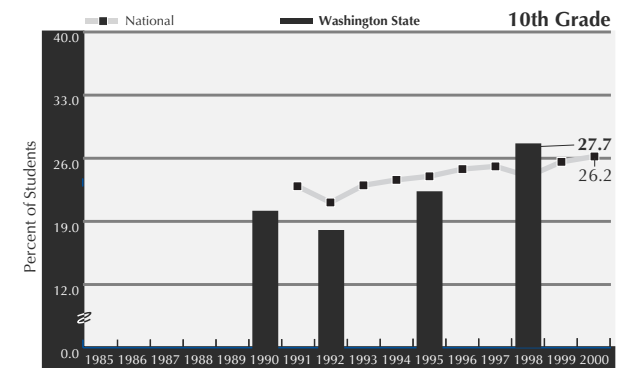
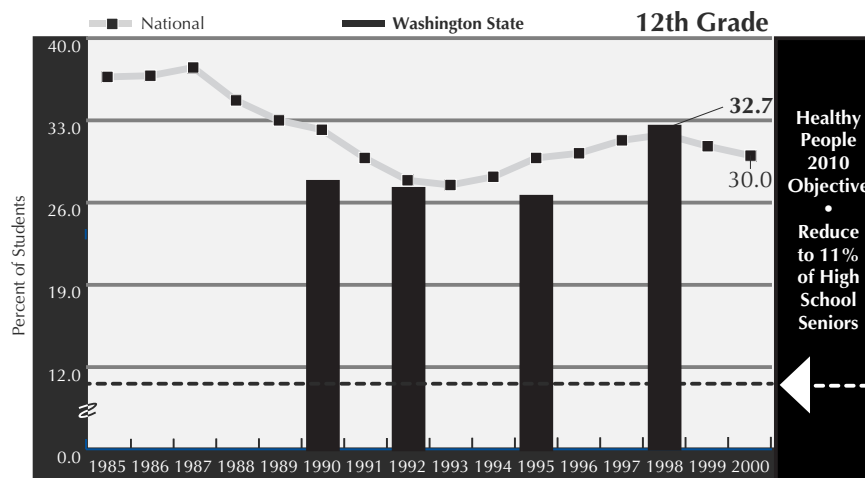
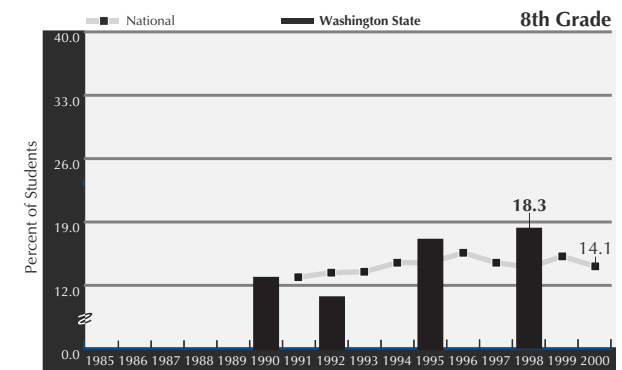


Source: Office of the Superintendent of Public Instruction, Washington State Survey of Adolescent Health Behaviors 2000.

Regular use of alcohol among adolescents in Washington State appears to begin early. Almost a quarter of students in their last year of middle school report having used alcohol in the past 30 days. *Healthy People 2010* sets a target objective to increase the proportion of adolescents ages 12-17 not using alcohol or illicit drugs during the past 30 days to 89%.

## In 1998, a Higher Percentage of Washington State 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> Grade Students Engaged in Recent Binge Drinking than Their Counterparts Nationally.\*

This graph indicates that in 1998 Washington State students were more likely to engage in recent binge drinking than students nationally. Recent binge drinking is defined as having five or more drinks in a row on at least one occasion in the past two weeks.

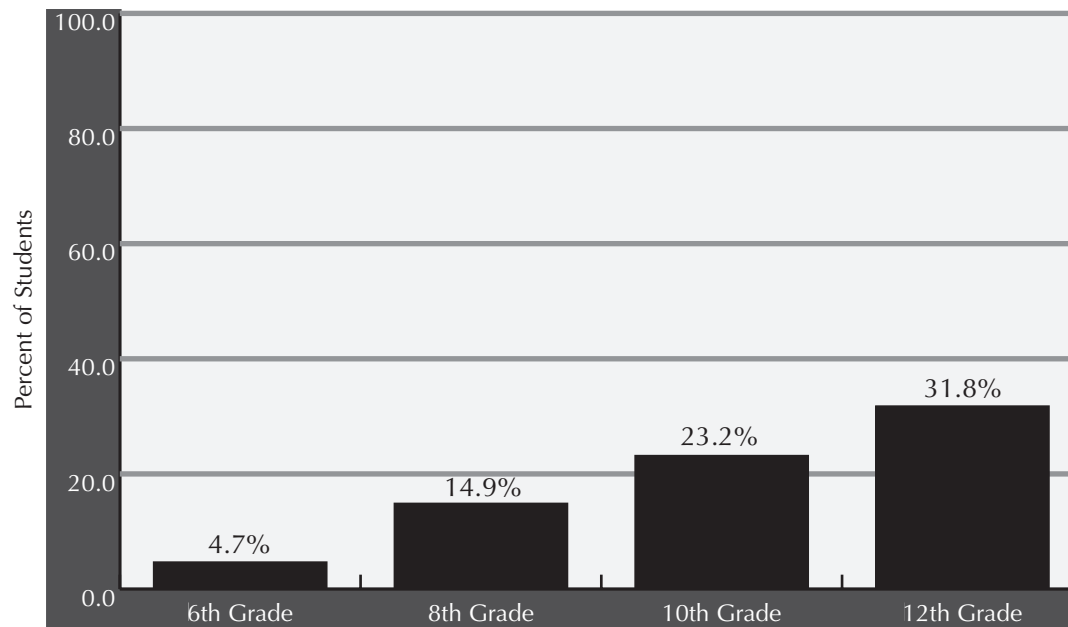


Source: National data from the National Institute on Drug Abuse, Monitoring the Future. State data from the Office of Superintendent of Public Instruction, Washington State Survey of Adolescent Health Behaviors.

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## In 2000, Almost 5% of Washington State 6<sup>th</sup> Graders Had Engaged in Recent Binge Drinking.

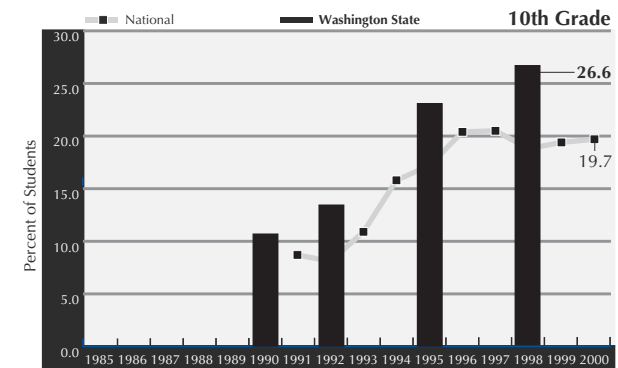
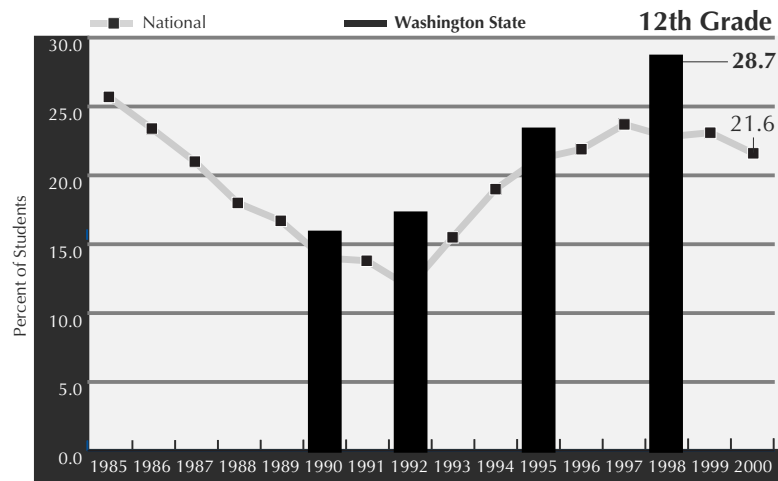
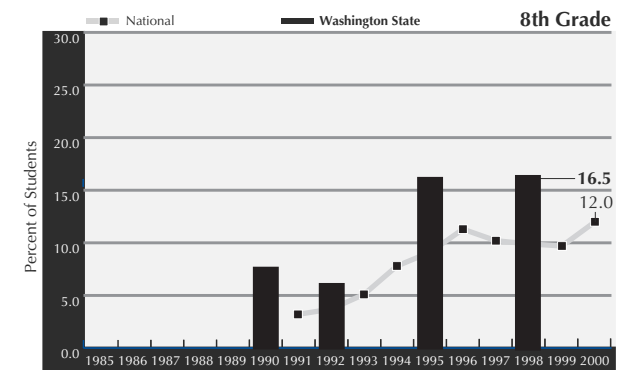


Source: Office of the Superintendent of Public Instruction, Washington State Survey of Adolescent Health Behaviors 2000.

In 2000, almost one third of Washington State high school seniors had engaged in recent binge drinking. Heavy drinking among youth has been linked to motor vehicle crashes and deaths, physical fights, property destruction, poor school and employment performance, and involvement with law enforcement and the legal system. *Healthy People 2010* sets a target objective to reduce binge drinking among adolescents ages 12 to 17 in the past month to 3%.

## In 1998, Washington Students in Grades 8, 10, and 12 were Much More Likely to Have Used Marijuana in the Past 30 Days than Their Counterparts Nationally.\*

This graph indicates that in 1998 a higher percentage of Washington State students smoked marijuana in the past 30 days than students nationally. After significant increases in the past decade, national data suggest that marijuana use among students may now be on the decline.

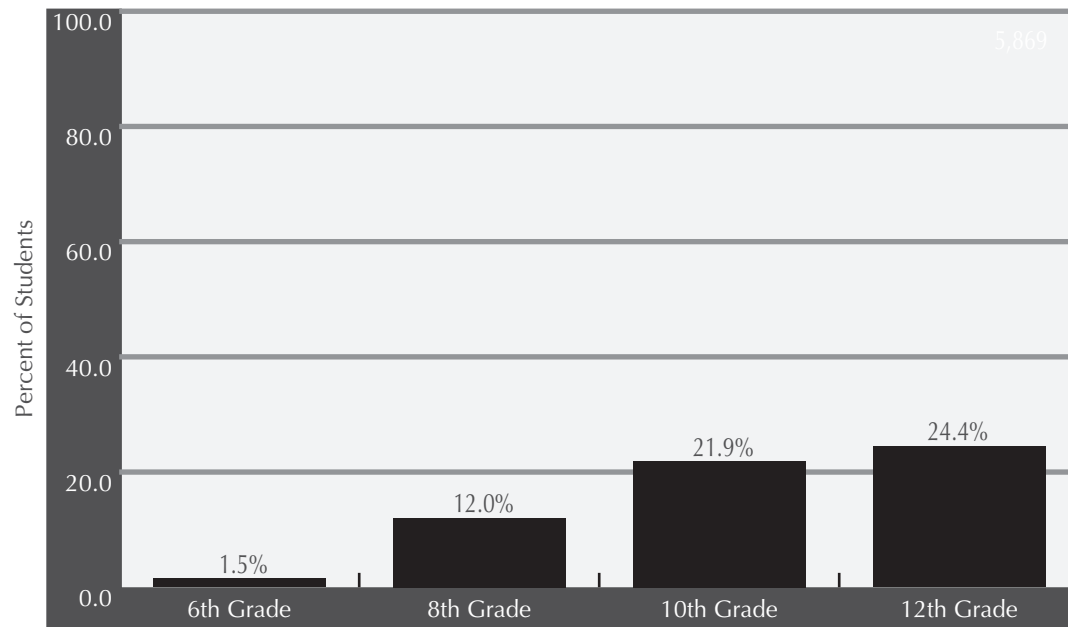


Source: National data from the National Institute on Drug Abuse, Monitoring the Future. State data from the Office of Superintendent of Public Instruction, Washington State Survey of Adolescent Health Behaviors.

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## About One Quarter of Washington State High School Seniors Report Having Used Marijuana in the Past 30 Days.

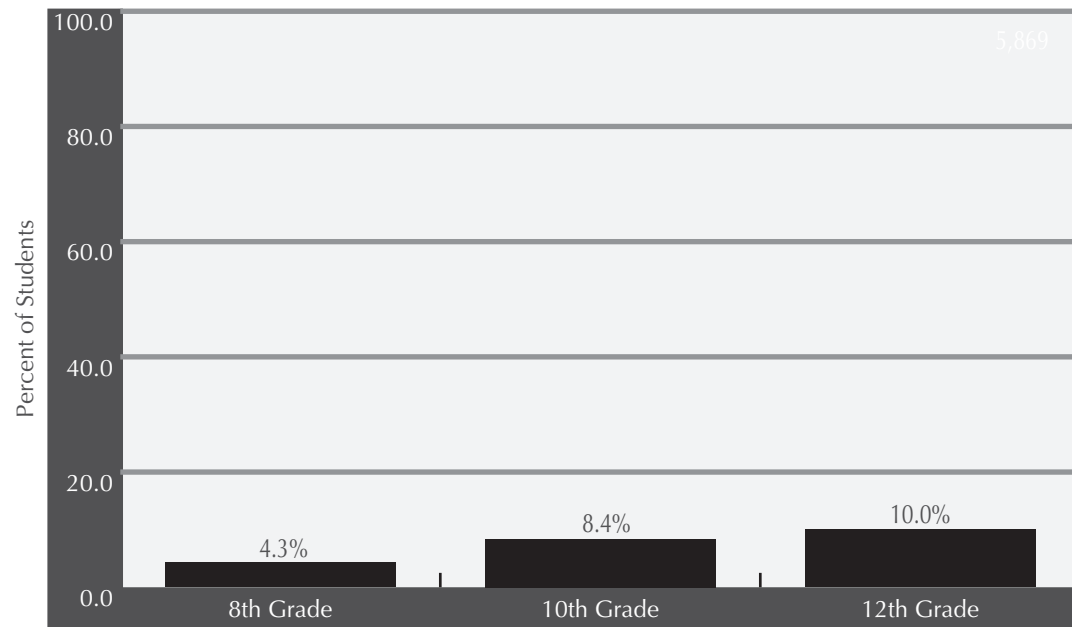


Source: Office of the Superintendent of Public Instruction, Washington State Survey of Adolescent Health Behaviors 2000.

Marijuana use among adolescents follows a predictable pattern, with the highest incidence of use occurring among high school seniors. *Healthy People 2010* recommends a multicomponent approach to youth substance abuse prevention to increase the effectiveness of efforts. Such an approach would include focusing on mobilizing and leveraging resources, raising public awareness, and countering pro-use messages.

<sup>1</sup>U.S. Department of Health and Human Services. (2000). *Healthy people 2010* (Conference Edition), 26-28. Washington, DC.

## In 2000, One Out of Ten Washington State High School Seniors Reported Having Used Amphetamines, Including Methamphetamine.

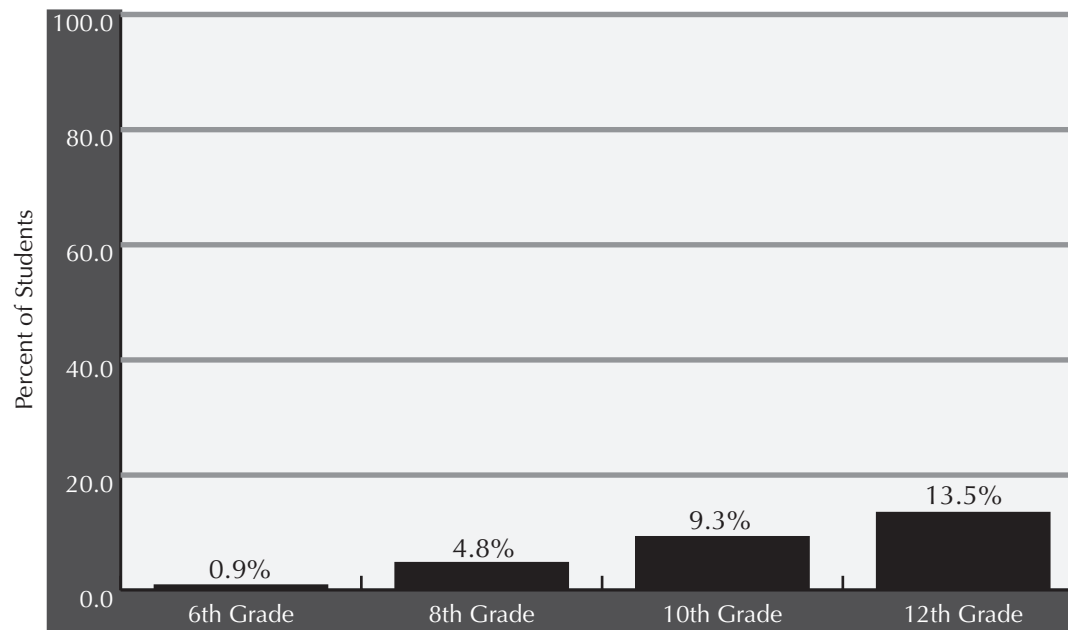


Source: Office of the Superintendent of Public Instruction, Washington State Survey of Adolescent Health Behaviors 2000.

Data from the Washington State Survey of Adolescent Health Behaviors 2000 suggest that there have been substantial increases in methamphetamine use in Washington State among youth. Researchers funded by the National Institute on Drug Abuse have found a range of negative cognitive effects from use of methamphetamine, often associated with brain cell damage.<sup>1</sup>



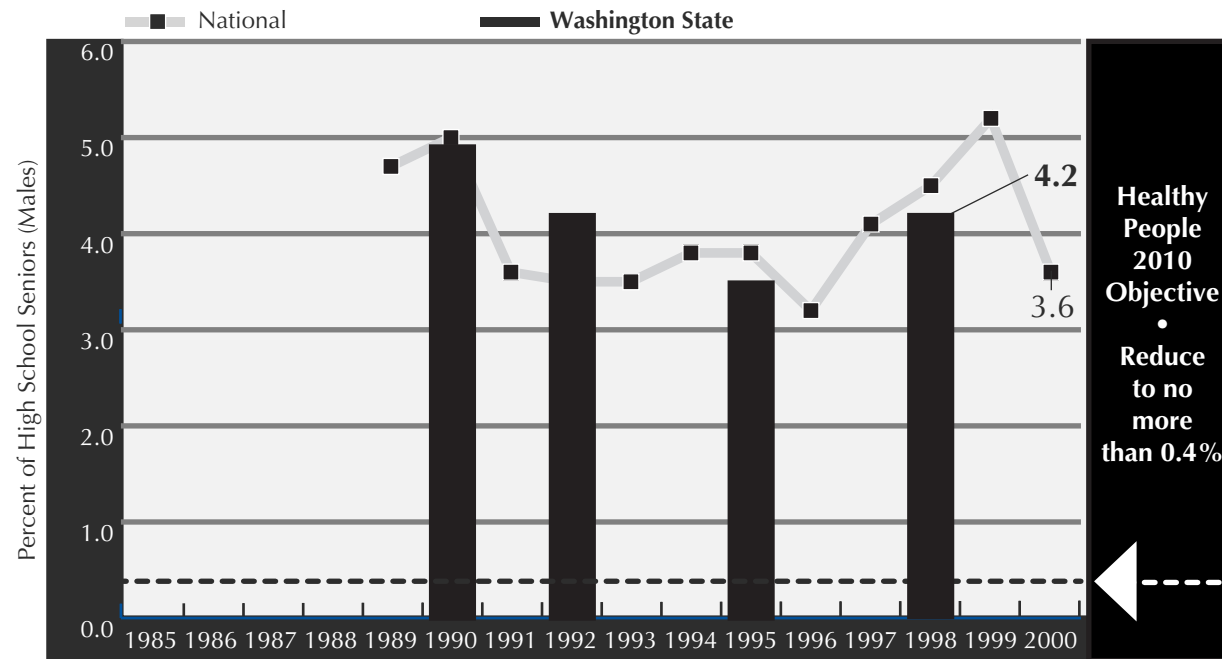
## In 2000, More than 13% of Washington State High School Seniors Reported Having Used Party/Club Drugs.



Source: Office of the Superintendent of Public Instruction, Washington State Survey of Adolescent Health Behaviors 2000.

In 2000, about one out of seven high school seniors reported having used party drugs (also known as “club drugs”, and including Ecstasy and MDMA) in their lifetime; 6.8% report having used these drugs in the past 30 days; 3% reported using them three times or more.

## In 1998, More than 4% of Washington State Male High School Seniors Reported Having Used Steroids at Least Once.\*



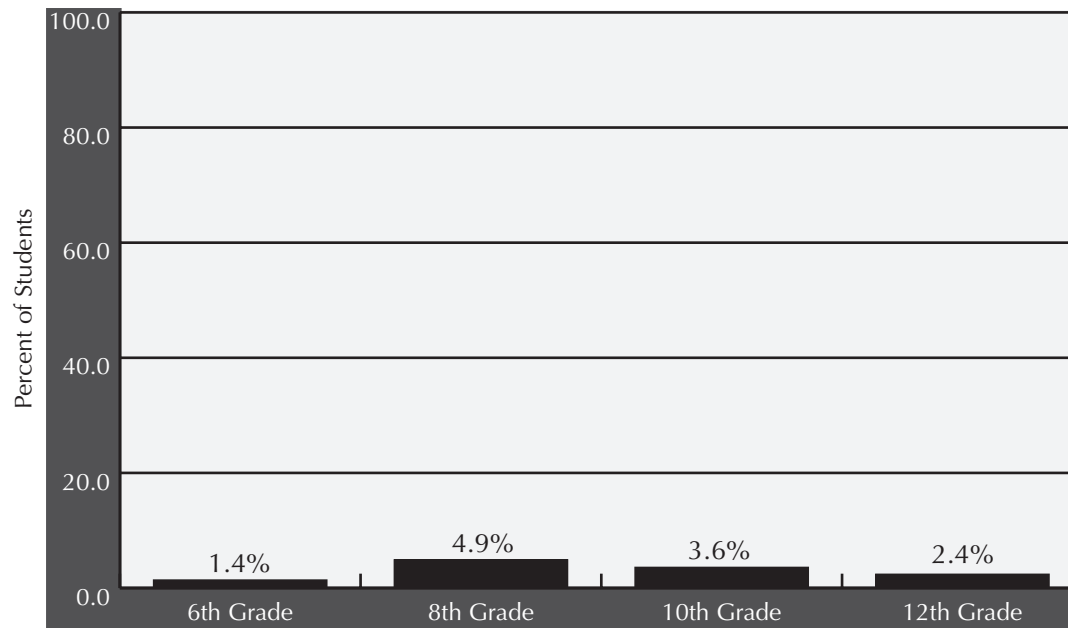
Source: National data from the National Institute on Drug Abuse, Monitoring the Future. State data from the Office of Superintendent of Public Instruction, Washington State Survey of Adolescent Health Behaviors.

\* The Washington State Survey of Adolescent Health Behaviors (WSSAHB) 2000 was administered significantly earlier during the school year than in previous WSSAHBs. The result is that students were younger, with correspondingly less time in school. In addition, seasonal factors may have affected the results. Some of the questions were also changed. As Washington 2000 data may not be comparable to previous surveys or results from the national Monitoring the Future survey, it is not displayed here.

Behavioral and health problems associated with steroid use include suicides, homicides, liver damage, and heart attacks.<sup>1</sup> It should be noted that in 2000, 1.2% of Washington State female high school seniors report having used steroids as well.



## Use of Inhalants in the Past 30 Days Among Washington State Students Peaks in the 8<sup>th</sup> Grade.

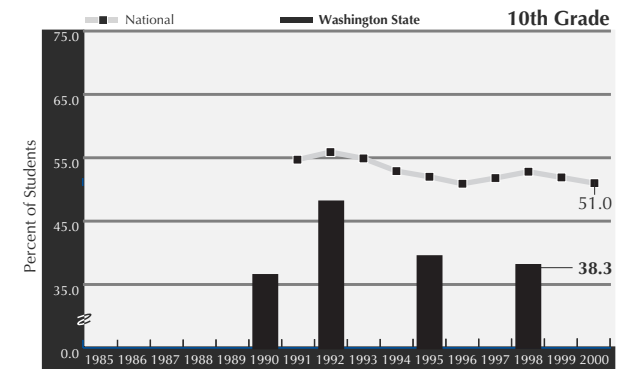
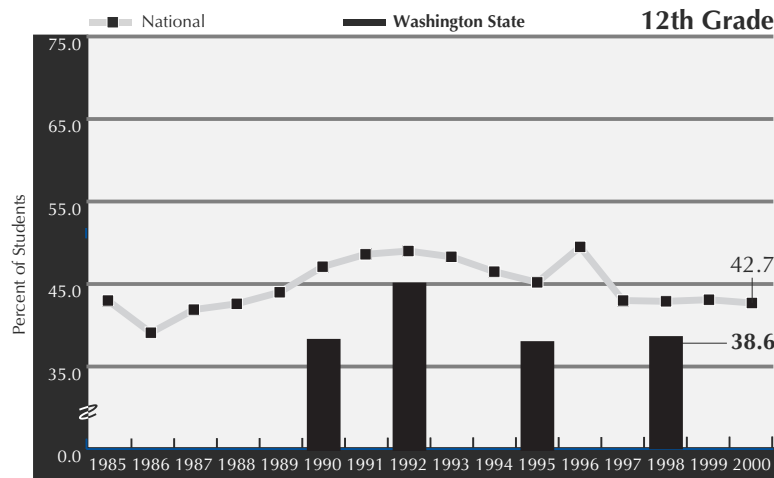
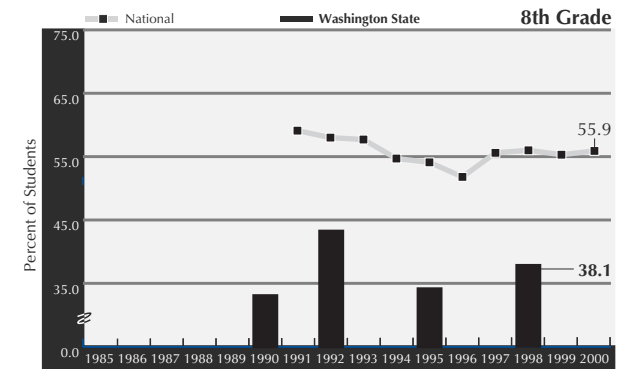


Source: Office of the Superintendent of Public Instruction, Washington State Survey of Adolescent Health Behaviors 2000.

In 2000, Washington State 8<sup>th</sup> graders reported the highest use of inhalants among students in the previous 30 days. Thereafter, unlike the pattern for other drug and alcohol use, inhalant use seems to decline. Some 13.1% of Washington State high school seniors report having used inhalants at least once in their lives.

## In 1998, a Lower Percentage of Washington State 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> Graders Perceived Great Risk from Heavy Alcohol Use than Their Counterparts Nationally.\*

This graph indicates that in 1998 the percentage of Washington State students who perceive great risk from heavy alcohol use (consuming five or more drinks once or twice a week) is lower than that of students nationally. *Healthy People 2010* sets a target objective to increase the percentage of adolescents ages 12 to 17 who perceive great risk associated with heavy alcohol use to 80%.

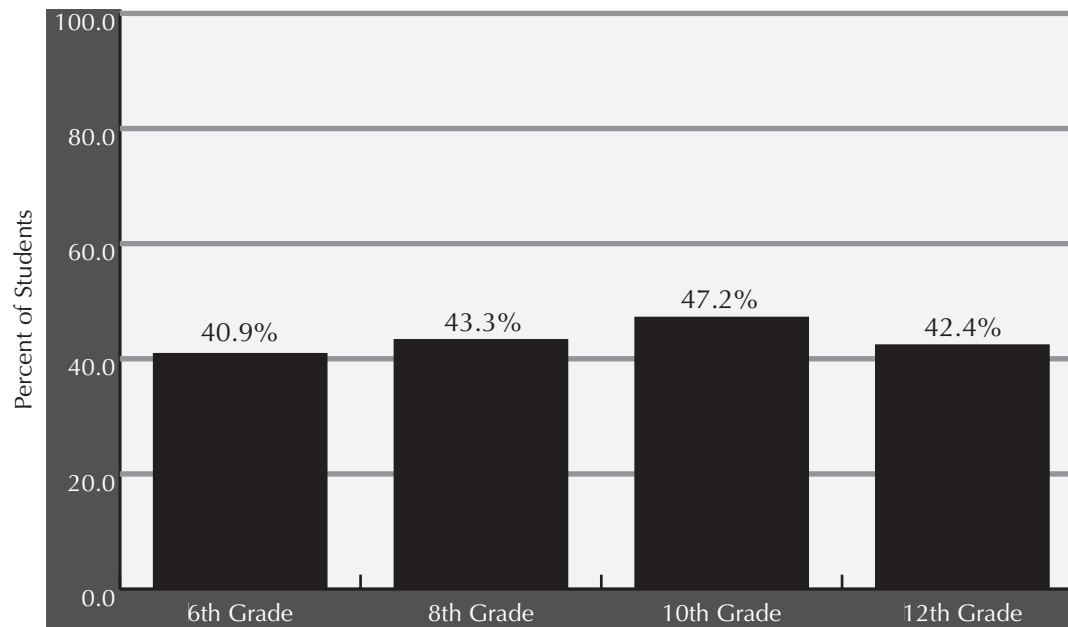


Source: National data from the National Institute on Drug Abuse, Monitoring the Future. State data from the Office of Superintendent of Public Instruction, Washington State Survey of Adolescent Health Behaviors.

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## In 2000, Fewer than Half of Washington State Students in Grades 6, 8, 10, and 12 Perceived Great Risk from Heavy Alcohol Use.



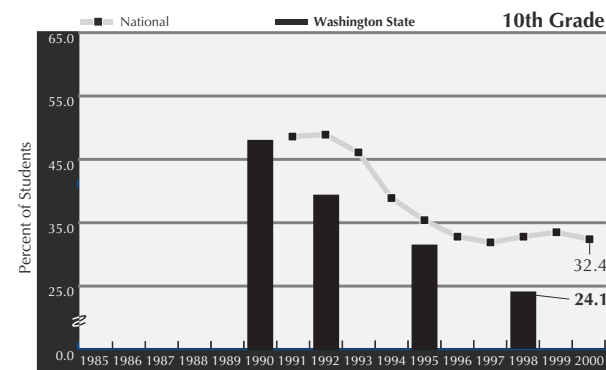
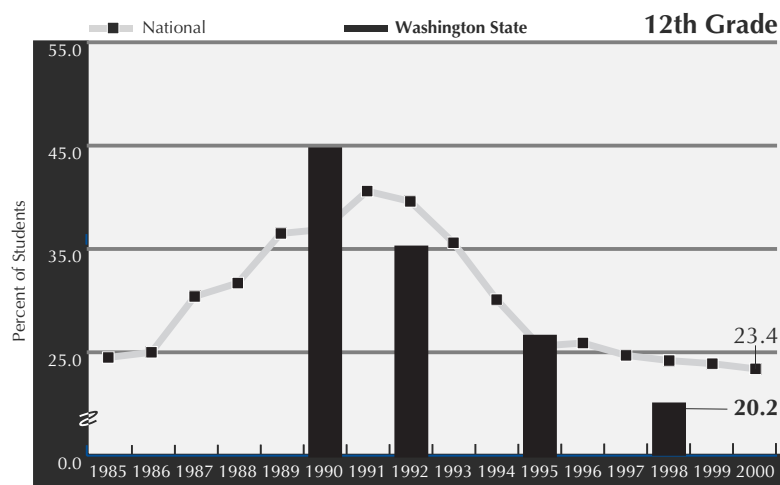
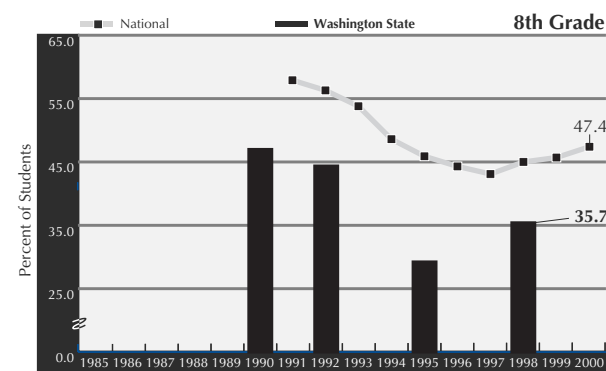
Source: Office of the Superintendent of Public Instruction, Washington State Survey of Adolescent Risk Behaviors 2000.

Research indicates that attitudes about specific drugs and alcohol are among the most important determinants of actual use.<sup>1</sup> Among Washington State students, there is no clear pattern of increased perception of risk from heavy alcohol use (defined as consuming five or more drinks once or twice a week). This may be due to the fact that despite repeated prevention messages delivered in the school environment, students are barraged with advertising messages actively promoting alcohol use.

<sup>1</sup> Bachman, J., Johnston, L., and O'Malley, P. (1998). Explaining recent increase in students' marijuana use: Impacts of perceived risks and disapproval, 1976 through 1996. *American Journal of Public Health*, 88(6), 887-892.

## In 1998, Washington State 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> Graders were Less Likely than Their Counterparts Nationally to Perceive Great Risk from Occasional Marijuana Use.\*

There are indications that, after a decade of decline, the percentages of students both nationally and in Washington State who associate risk of harm with occasional use of marijuana may be on the increase.

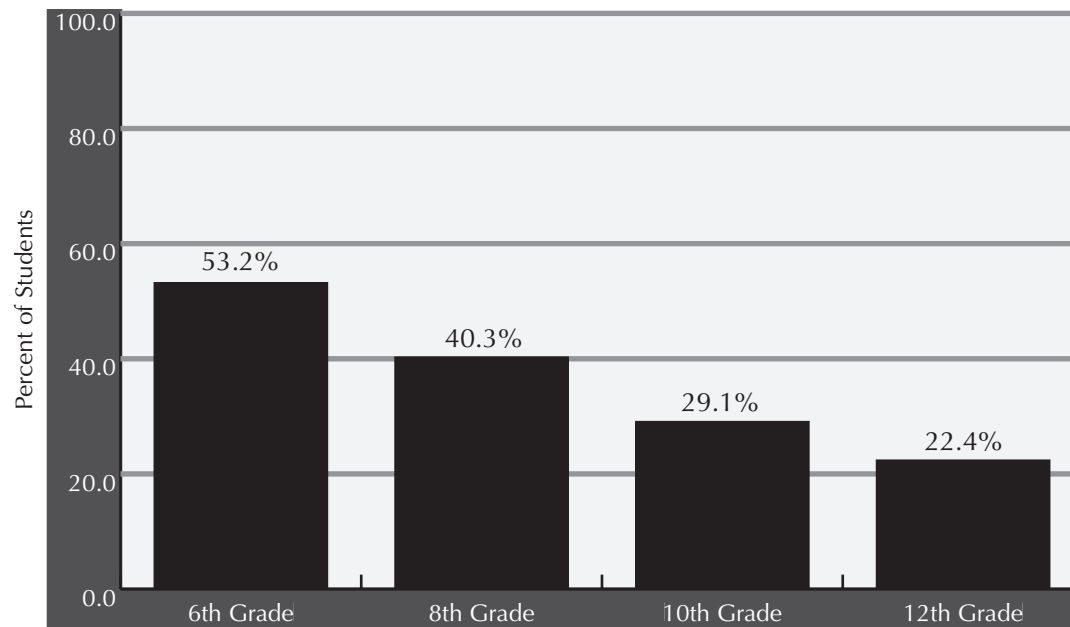


Source: National data from the National Institute on Drug Abuse, Monitoring the Future. State data from the Office of Superintendent of Public Instruction, Washington State Survey of Adolescent Health Behaviors.

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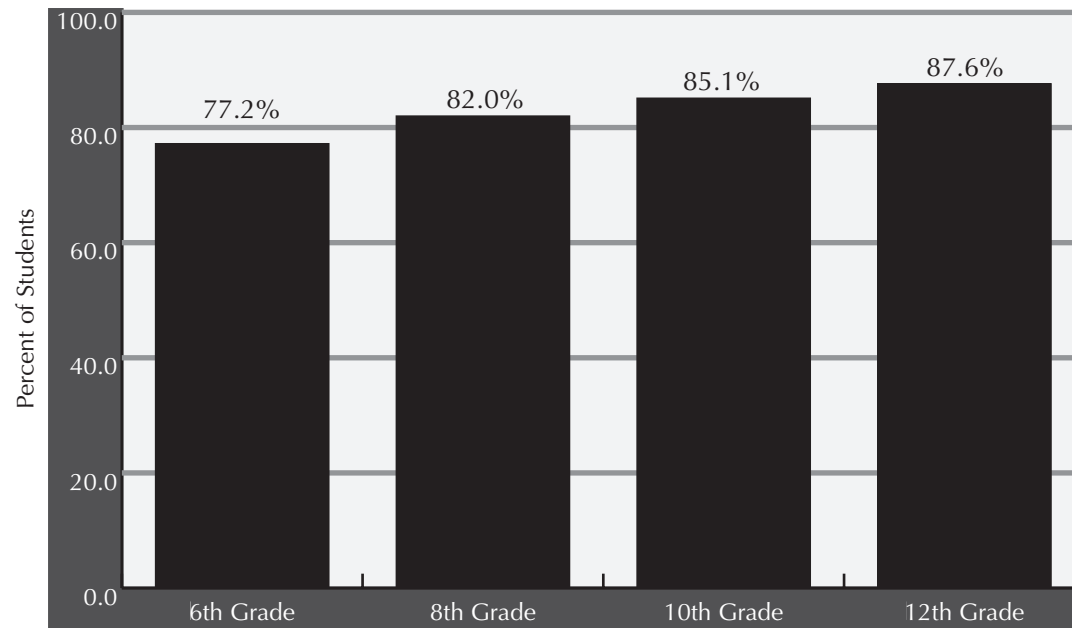
## The Percentage of Washington State Students Who Perceive Great Risk from Occasional Marijuana Use Declines Substantially as They Get Older.



Source: Office of the Superintendent of Public Instruction, Washington State Survey of Adolescent Health Behaviors 2000.

In 2000, the percentage of Washington State students who perceive great risk from occasional marijuana use declined from 53.2% among 6<sup>th</sup> graders to 22.4% among high school seniors. It should be noted, however, that the percentage of Washington State high school seniors who perceive great risk from smoking marijuana regularly rises to 58.9%. *Healthy People 2010* sets a target objective to increase the proportion of adolescents ages 12 to 17 who perceive great risk from marijuana use once per month.

## Most Washington State Students Perceive Great Risk from Smoking One or More Packs of Cigarettes Per Day.



Source: Office of the Superintendent of Public Instruction, Washington State Survey of Adolescent Health Behaviors 2000.

The proportion of Washington State youth who perceive great risk from smoking one or more packs of cigarettes per day increases as they get older. This would suggest the success of prevention activities and media in effectively conveying the dangers of smoking. Only 1.5% of high school seniors thought there was a “very good chance” of their being “seen as cool” if they smoked cigarettes. However, the same 2000 survey found that only 27.5% of 12<sup>th</sup> graders thought it “very wrong” for a person their age to smoke.



## Peer Substance Abuse Has Significant Negative Impacts on School Performance.

*In a study undertaken by Washington Kids Count at the University of Washington's Human Services Policy Center, data from the results of the 1999 Washington Assessment on Student Learning tests were linked with the results of the 1998 Washington Survey of Adolescent Health Behaviors administered in Washington schools. Peer substance use was calculated as the average level of alcohol or drug use by students of the same age, gender, and race-ethnic group in the school.*

### **Among middle schoolers:**

- *Students whose peers had little or no involvement with drinking and drugs scored substantially higher than students whose peers had a low level of drinking or drug use.*
- *The entire average difference in whether or not students met the state reading and math standards was accounted for by the degree to which their peers used alcohol or other drugs.*
- *The most important factors reliably indicating the level of substance abuse in a school are whether students start antisocial behavior at an early age, whether the prevailing attitudes of the students condone or condemn antisocial behavior, and whether students have opportunities for productive involvement in school and community activities.<sup>1</sup>*

<sup>1</sup> Brandon, N. (2001). Impact of peer substance use on middle school performance in Washington: summary. Seattle, WA: Washington Kids Count, Human Services Policy Center, University of Washington.

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# The Problem: Substance Abuse Prevalence & Trends

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**PREVALENCE**

Adolescent  
Substance  
Use and Beliefs

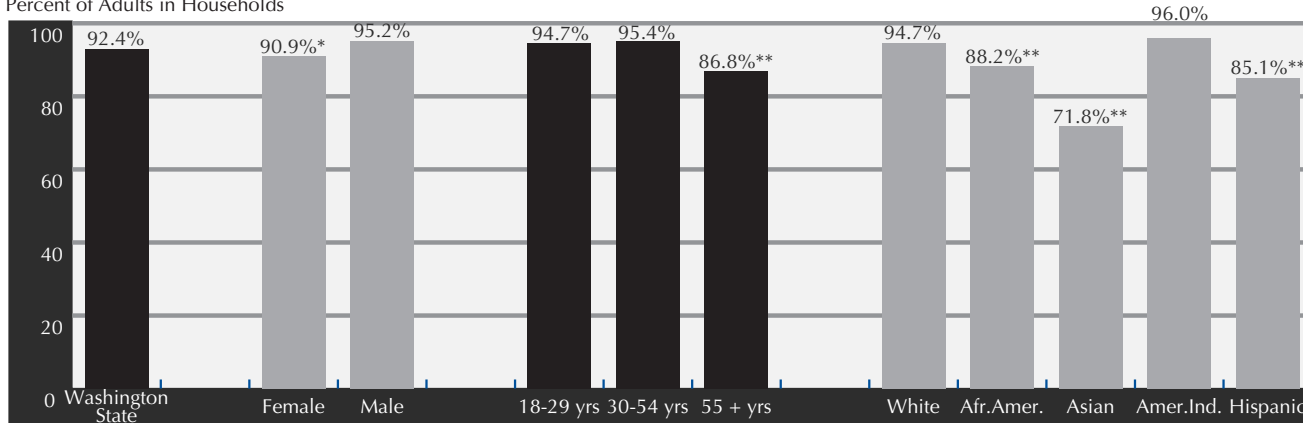
Adult  
Substance  
Use



## Being Age 55 or Older, Female, or of Minority Racial/Ethnic Status Are Associated with LOWER Lifetime and Past 30-Day Alcohol Use Rates.

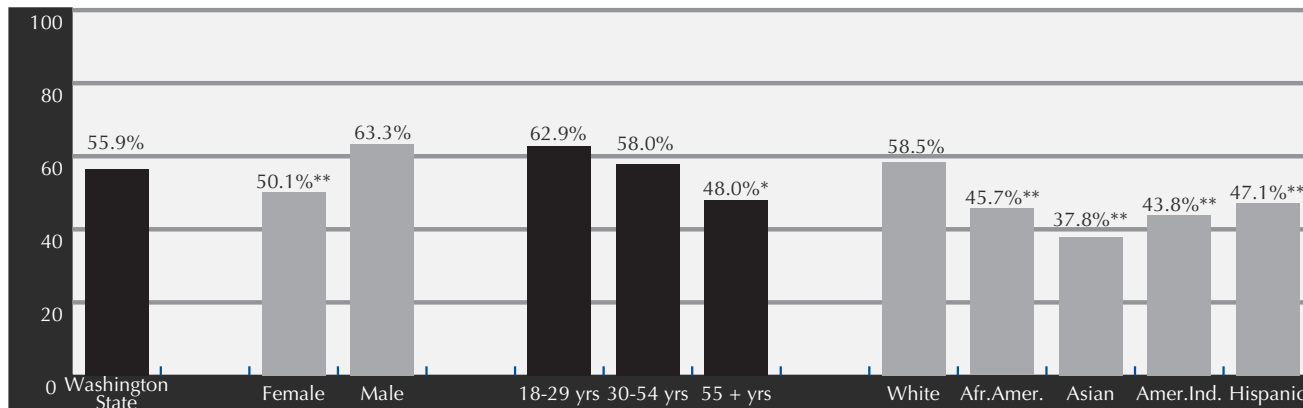
### Lifetime Use of Alcohol

Percent of Adults in Households



### Past 30 Day Use of Alcohol

Percent of Adults in Households



Source: Washington State Department of Social and Health Services, Division of Alcohol and Substance Abuse and Office of Research and Data Analysis, Washington State Needs Assessment Household Survey (WANAHS) and Profile of Substance Use and Need for Treatment Services in Washington State (1999).

Note: Lifetime Use of Alcohol means having had at least one drink of alcohol at least once in their life.

Note: Past 30 day Use of Alcohol means having had at least one drink of alcohol during the past 30 days.

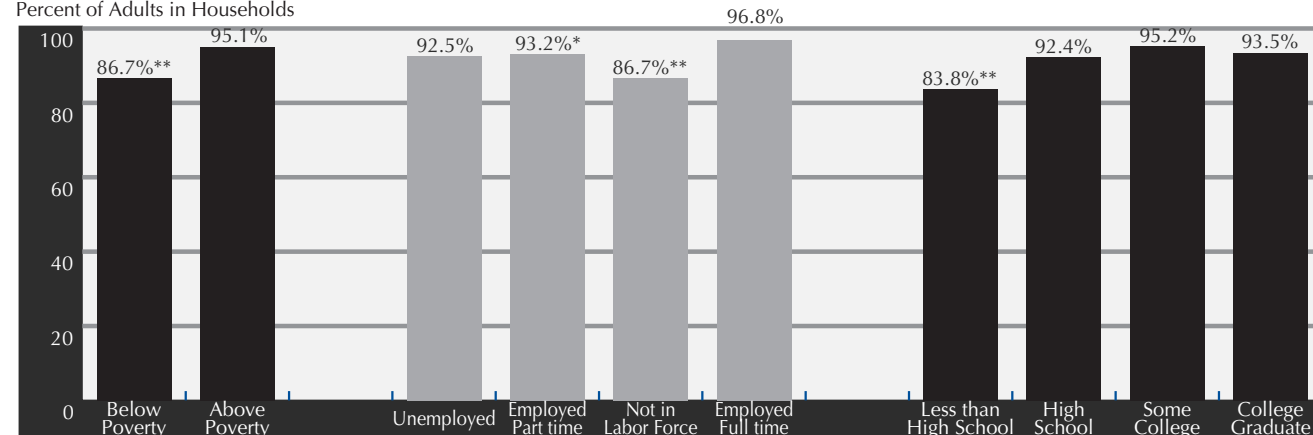
Note: Starred groups are "statistically" significantly different from their reference group.  $p < .10^*$ ,  $p < .05^{**}$ .

## Being Poor, Not in the Labor Force\*, or Having No High School Diploma Are Associated with LOWER Lifetime and 30-Day Alcohol Use Rates.



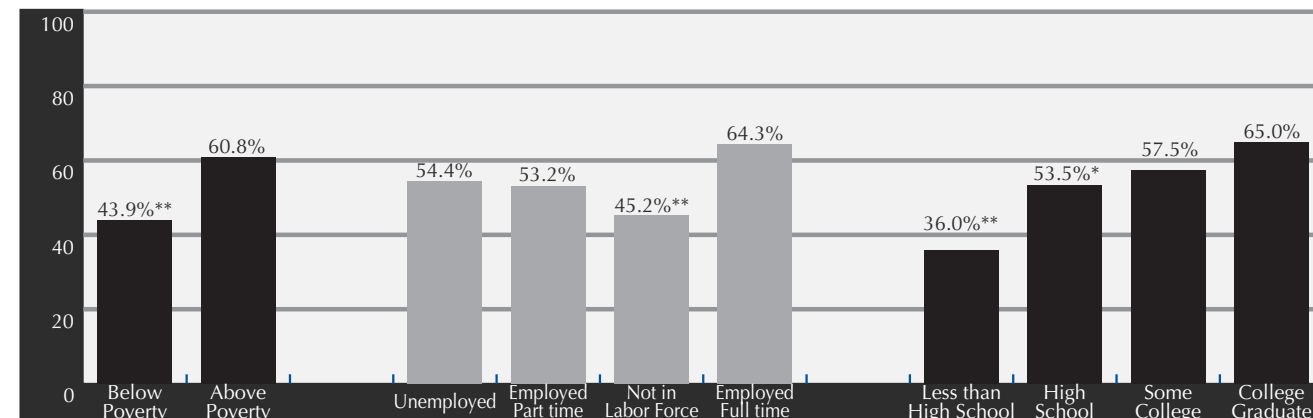
### Lifetime Use of Alcohol

Percent of Adults in Households



### Past 30 Day Use of Alcohol

Percent of Adults in Households



Source: Washington State Department of Social and Health Services, Division of Alcohol and Substance Abuse and Office of Research and Data Analysis, Washington State Needs Assessment Household Survey (WANAHS) and Profile of Substance Use and Need for Treatment Services in Washington State (1999).

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Note: Past 30 day Use of Alcohol means having had at least one drink of alcohol during the past 30 days.

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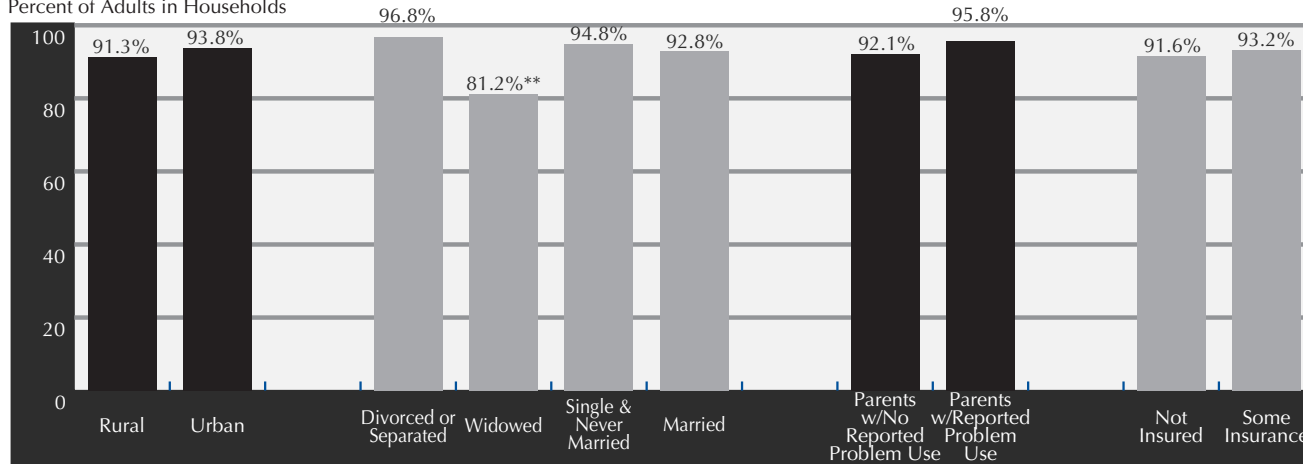
\*Not in Labor Force means Not Employed AND either Retired, OR a Full-Time Homemaker, OR a Full-Time Student.



## Being Widowed is Associated with LOWER Lifetime and 30-Day Alcohol Use Rates.

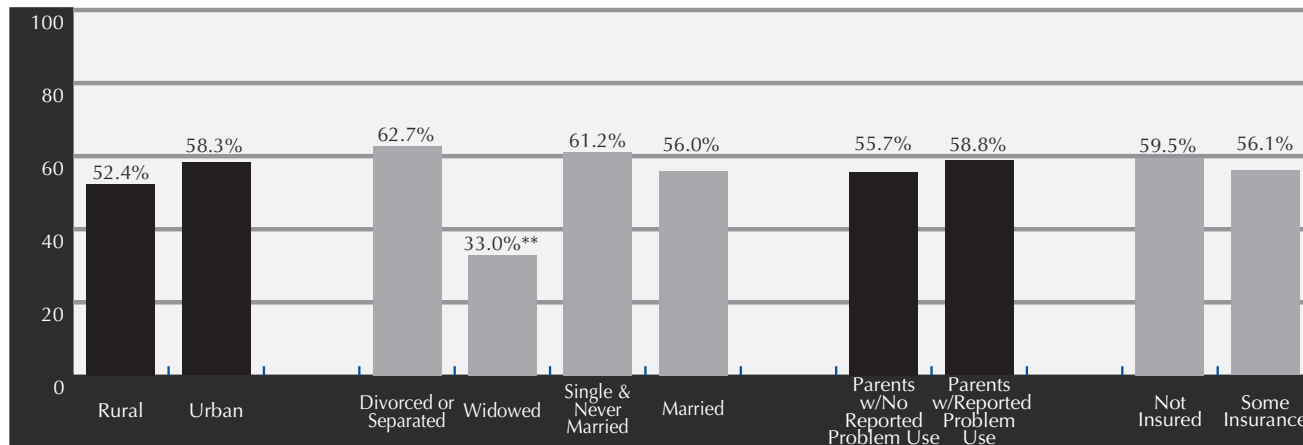
### Lifetime Use of Alcohol

Percent of Adults in Households



### Past 30 Day Use of Alcohol

Percent of Adults in Households



Source: Washington State Department of Social and Health Services, Division of Alcohol and Substance Abuse and Office of Research and Data Analysis, Washington State Needs Assessment Household Survey (WANAHS) and Profile of Substance Use and Need for Treatment Services in Washington State (1999).

Note: Lifetime Use of Alcohol means having had at least one drink of alcohol at least once in their life.

Note: Past 30 day Use of Alcohol means having had at least one drink of alcohol during the past 30 days.

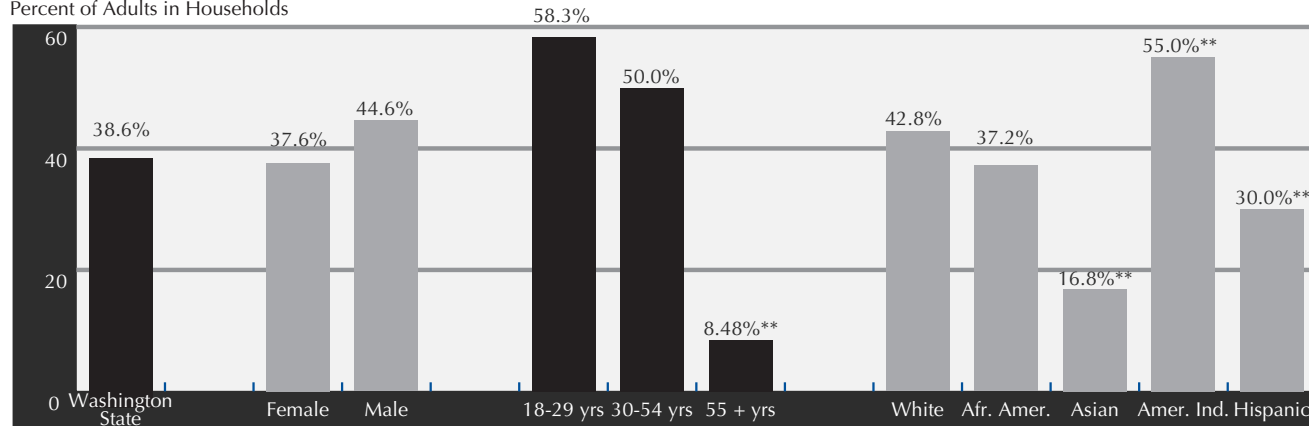
Note: Starred groups are "statistically" significantly different from their reference group.  $p < .10^*$ ,  $p < .05^{**}$ .

## Being Age 55 or Older, Asian, Hispanic or Female are Associated with LOWER Lifetime and Past 30-Day Marijuana Use Rates.



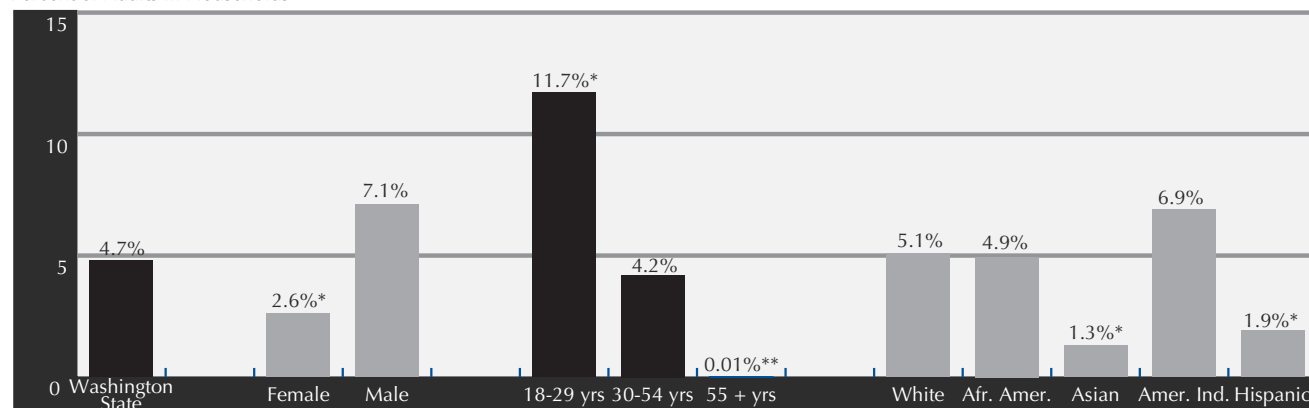
### Lifetime Use of Marijuana

Percent of Adults in Households



### Past 30 Day Use of Marijuana

Percent of Adults in Households



Source: Washington State Department of Social and Health Services, Division of Alcohol and Substance Abuse and Office of Research and Data Analysis, Washington State Needs Assessment Household Survey (WANAHS) and Profile of Substance Use and Need for Treatment Services in Washington State (1999).

Note: Lifetime Use of Alcohol means having had at least one drink of alcohol at least once in their life.

Note: Past 30 day Use of Alcohol means having had at least one drink of alcohol during the past 30 days.

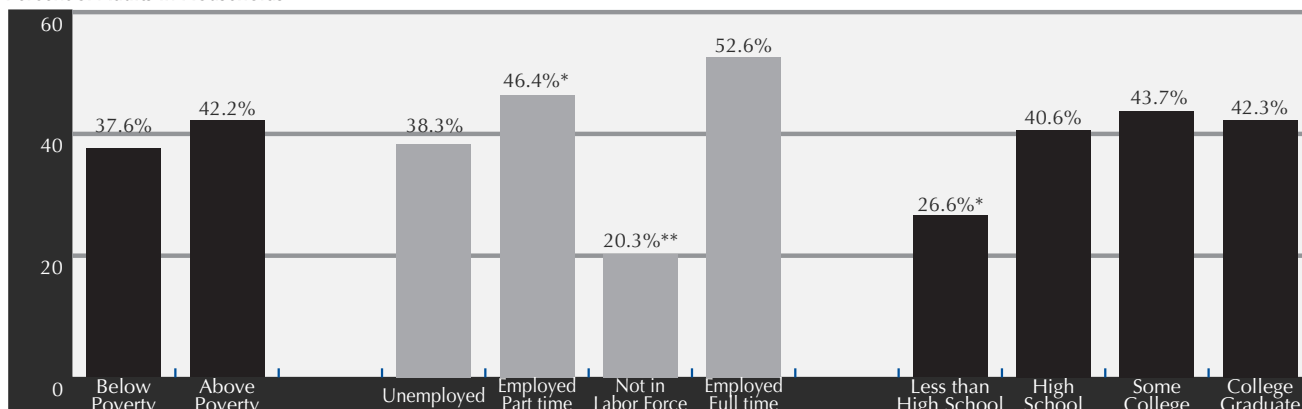
Note: Starred groups are "statistically" significantly different from their reference group.  $p < .10^*$ ,  $p < .05^{**}$ .



## Not Being in the Labor Force\* is Associated with LOWER Lifetime and Past 30-Day Marijuana Use Rates.

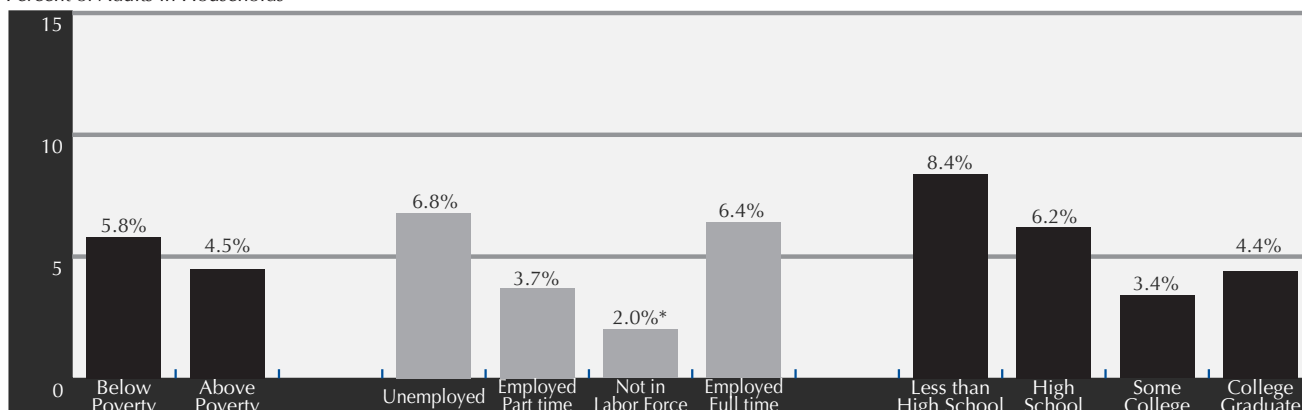
### Lifetime Use of Marijuana

Percent of Adults in Households



### Past 30 Day Use of Marijuana

Percent of Adults in Households



Source: Washington State Department of Social and Health Services, Division of Alcohol and Substance Abuse and Office of Research and Data Analysis, Washington State Needs Assessment Household Survey (WANAHS) and Profile of Substance Use and Need for Treatment Services in Washington State (1999).

Note: Lifetime Use of Alcohol means having had at least one drink of alcohol at least once in their life.

Note: Past 30 day Use of Alcohol means having had at least one drink of alcohol during the past 30 days.

Note: Starred groups are "statistically" significantly different from their reference group.  $p < .10$ \*,  $p < .05$ \*\*.

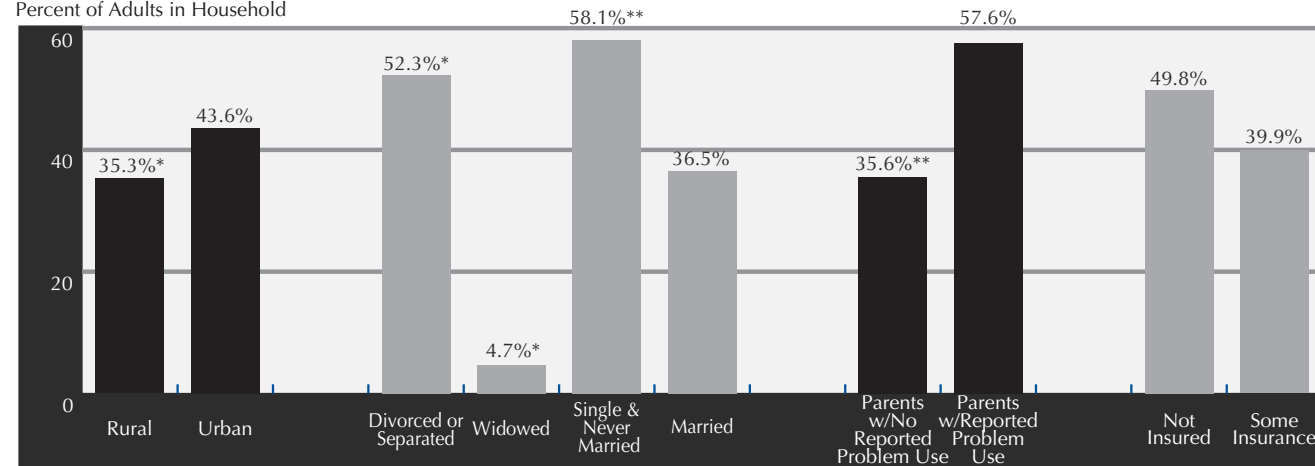
\*Not in Labor Force means Not Employed AND either Retired, OR a Full-Time Homemaker, OR a Full-Time Student.

## Being Single and Never Married, Divorced or Separated, or Having Parents with Reported Drug or Alcohol Problems are Associated with HIGHER Lifetime and Past 30-Day Marijuana Use Rates.



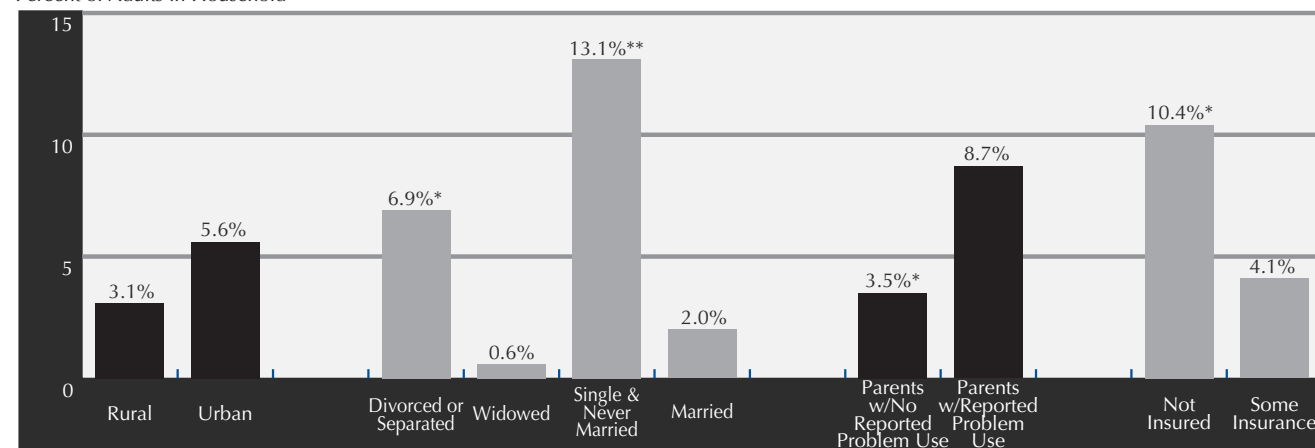
### Lifetime Use of Marijuana

Percent of Adults in Household



### Past 30 Day Use of Marijuana

Percent of Adults in Household



Source: Washington State Department of Social and Health Services, Division of Alcohol and Substance Abuse and Office of Research and Data Analysis, Washington State Needs Assessment Household Survey (WANAHS) and Profile of Substance Use and Need for Treatment Services in Washington State (1999).

Note: Lifetime Use of Alcohol means having had at least one drink of alcohol at least once in their life.

Note: Past 30 day Use of Alcohol means having had at least one drink of alcohol during the past 30 days.

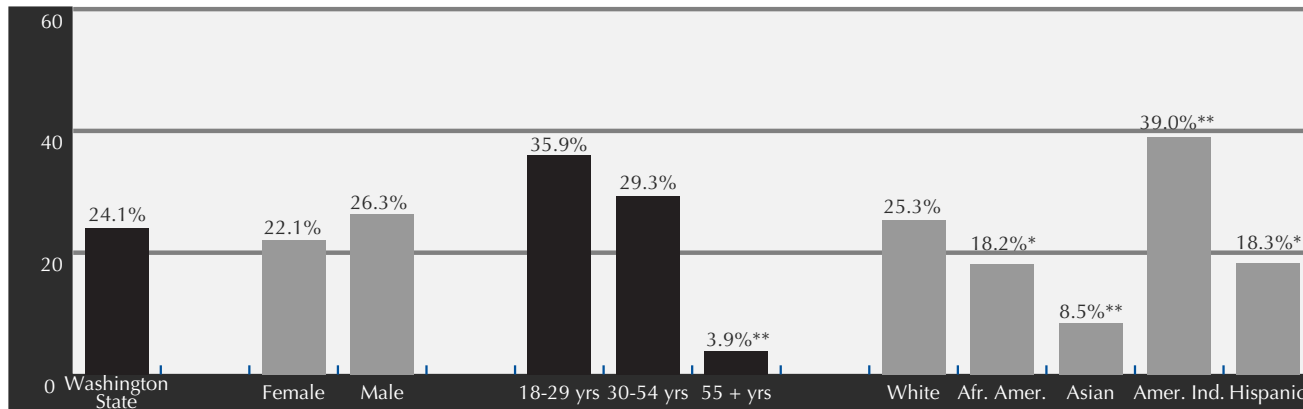
Note: Starred groups are "statistically" significantly different from their reference group.  $p < .10^*$ ,  $p < .05^{**}$ .

**Persons Who Were Age 55 or Older, or Asian Reported LOWER Rates of Both Lifetime and Past Year Hard Drug Use. HIGHER Lifetime Hard Drug Use was Reported by American Indians. HIGHER Past Year Hard Drug Use was Reported by Young Adults Under 30.**



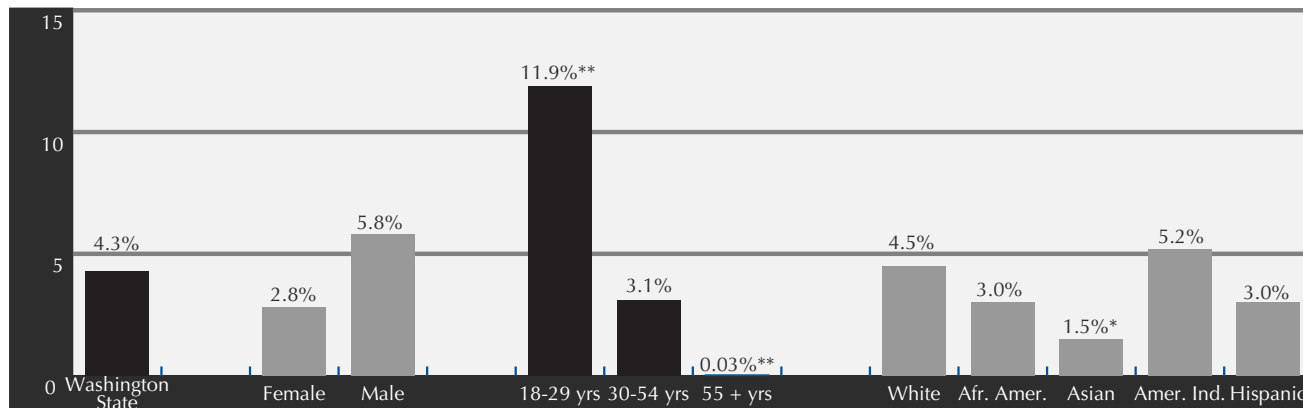
### Lifetime Use of Hard Drugs

Percent of Adults in Households



### Past 12 Month Use of Hard Drugs

Percent of Adults in Households



Source: Washington State Department of Social and Health Services, Division of Alcohol and Substance Abuse and Office of Research and Data Analysis, Washington State Needs Assessment Household Survey (WANAHS) and Profile of Substance Use and Need for Treatment Services in Washington State (1999).

Note: Lifetime Use of Alcohol means having had at least one drink of alcohol at least once in their life.

Note: Past 30 day Use of Alcohol means having had at least one drink of alcohol during the past 30 days.

Note: Starred groups are "statistically" significantly different from their reference group.  $p < .10$ \*,  $p < .05$ \*\*.

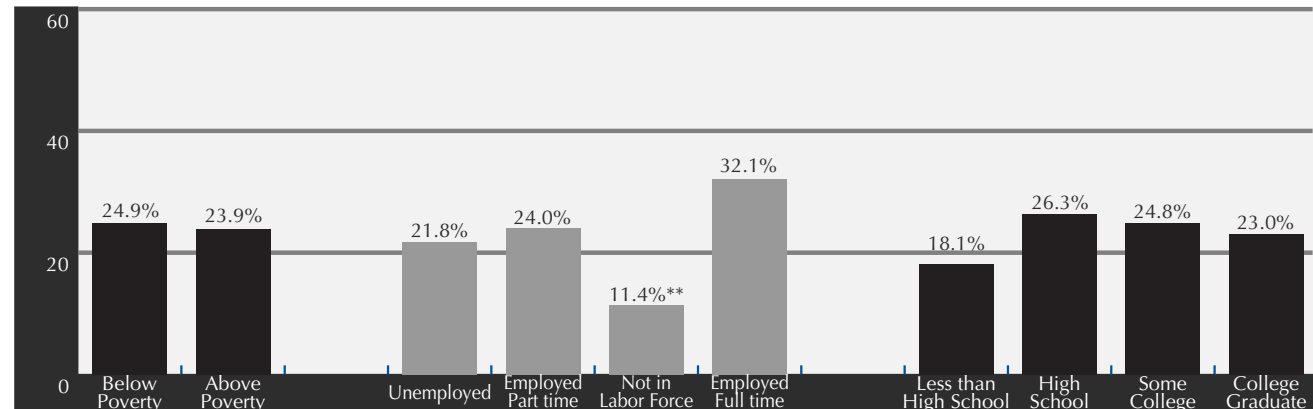
\*Not in Labor Force means Not Employed AND either Retired, OR a Full-Time Homemaker, OR a Full-Time Student.

## People Who Were Not in the Labor Force\* Reported Lower Rates of Lifetime and Past Year Use of Hard Drugs.



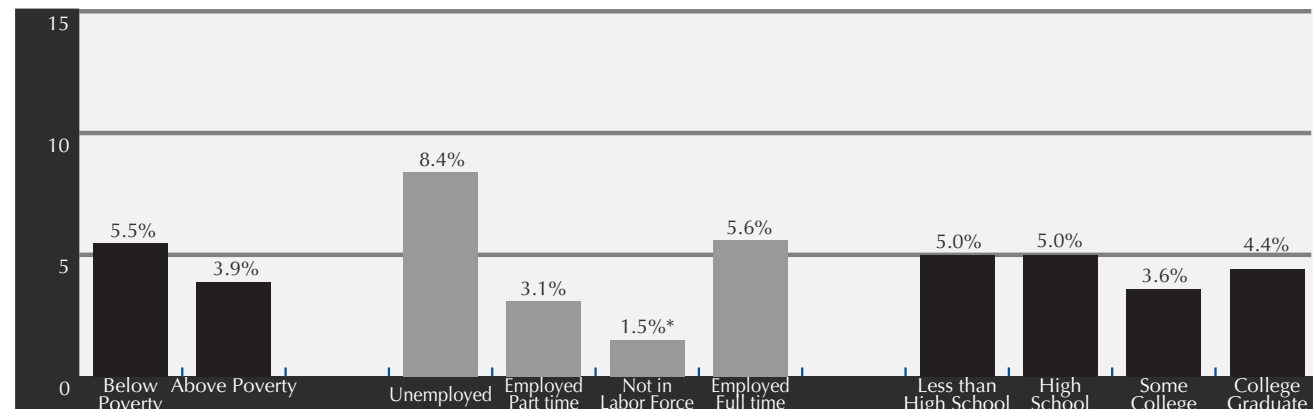
### Lifetime Use of Hard Drugs

Percent of Adults in Households



### Past 12 Month Use of Hard Drugs

Percent of Adults in Households



Source: Washington State Department of Social and Health Services, Division of Alcohol and Substance Abuse and Office of Research and Data Analysis, Washington State Needs Assessment Household Survey (WANAHS) and Profile of Substance Use and Need for Treatment Services in Washington State (1999).

Note: Lifetime Use of Alcohol means having had at least one drink of alcohol at least once in their life.

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Note: Starred groups are "statistically" significantly different from their reference group.  $p < .10^*$ ,  $p < .05^{**}$ .

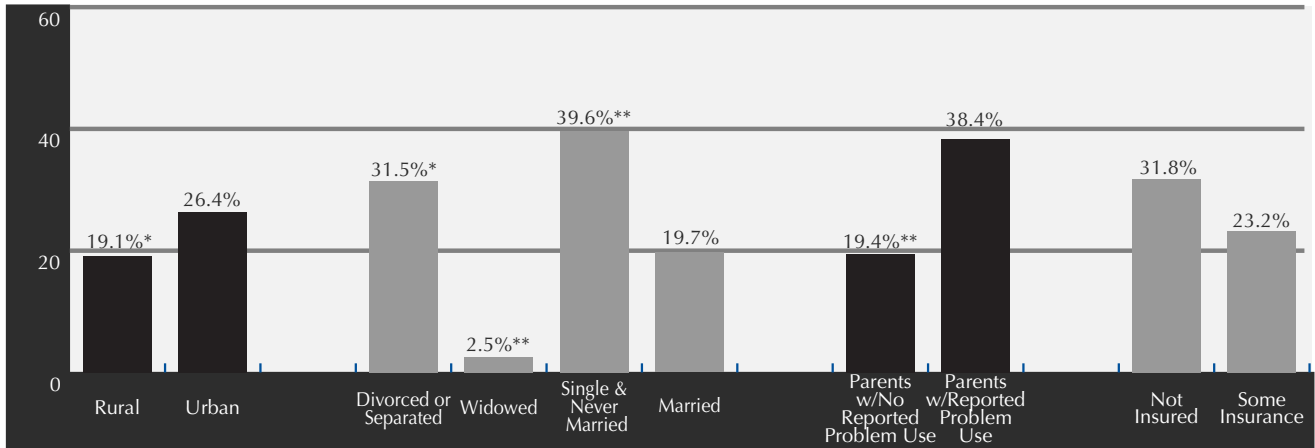
\*Not in Labor Force means Not Employed AND either Retired, OR a Full-Time Homemaker, OR a Fulltime Student.

\*\*"Hard drugs" are any of the following substances used for non-medical purposes: sedatives, heroin, stimulants, hallucinogens, and other opiates.

People Who Were Divorced or Separated, Single and Never Married, Lived in Urban Counties, or Had Parents with Problem Drug or Alcohol Use Reported HIGHER Lifetime Use of Hard Drugs. All but the Last Condition were Also associated with HIGHER Past Year Hard Drug Use Rates.

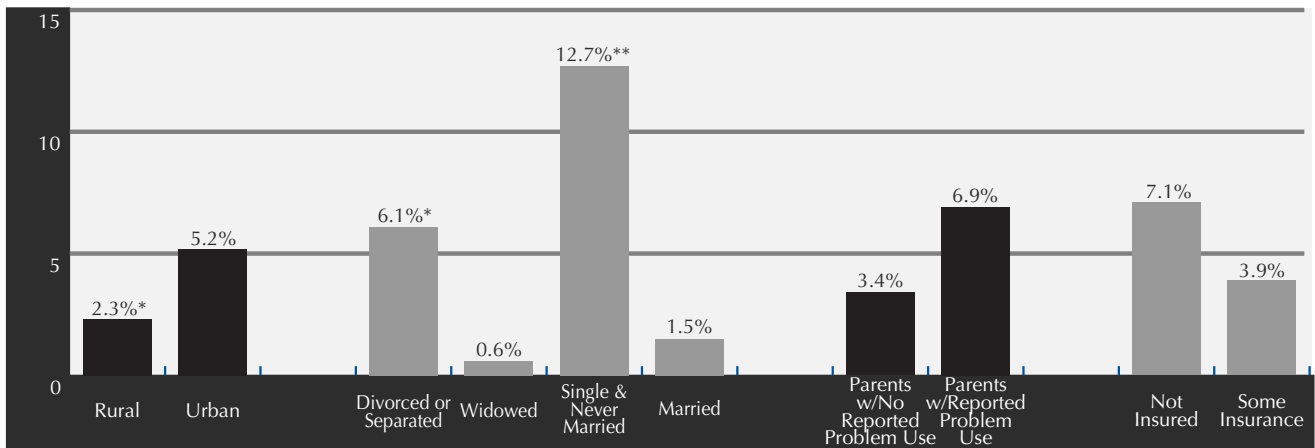
### Lifetime Use of Hard Drugs

Percent of Adults in Household



### Past 12 Month Use of Hard Drugs

Percent of Adults in Household



Source: Washington State Department of Social and Health Services, Division of Alcohol and Substance Abuse and Office of Research and Data Analysis, Washington State Needs Assessment Household Survey (WANAHS) and Profile of Substance Use and Need for Treatment Services in Washington State (1999).

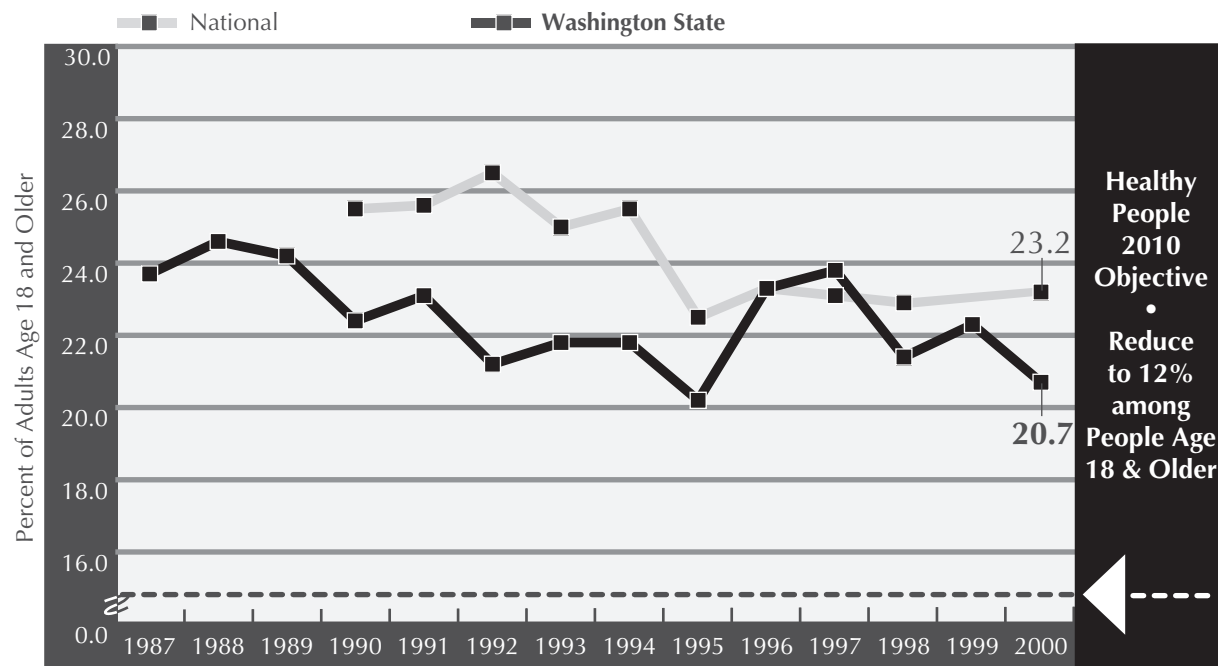
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\*\*"Hard drugs" are any of the following substances used for non-medical purposes: sedatives, heroin, stimulants, hallucinogens, and other opiates.

## A Lower Percentage of Adults in Washington State Report Being Smokers than Adults Nationally.



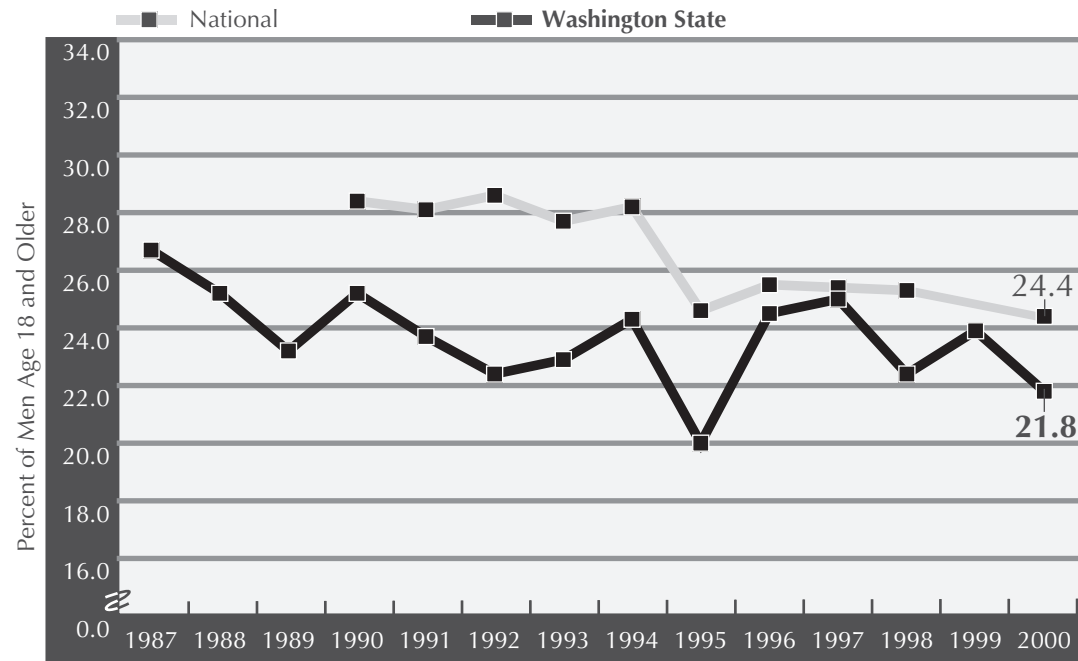
Source: Behavioral Risk Factor Surveillance System. National Center for Chronic Disease Prevention and Health Promotion.

This graph indicates that adult smoking rates in Washington are lower than the national average. According to the Surgeon General, tobacco use remains the leading cause of preventable death and disease in the United States. Since the release of the first Surgeon General's report on smoking and health, about ten million Americans have died from smoking-related diseases, including heart disease, lung cancer, emphysema, and other respiratory diseases.<sup>1</sup>

<sup>1</sup> U.S. Department of Health and Human Services. (2000). Reducing tobacco use: A report of the Surgeon General. Atlanta, GA.



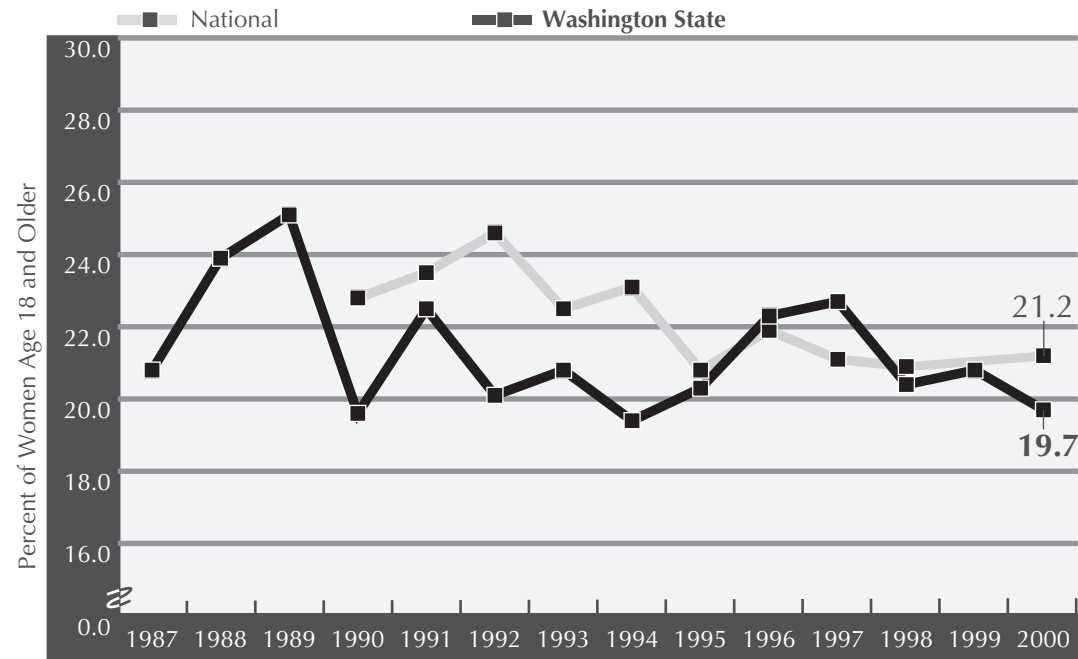
## Smoking Prevalence Among Men in Washington State is Lower than That Reported Among Men Nationally.



Source: Behavioral Risk Factor Surveillance System. National Center for Chronic Disease Prevention and Health Promotion.

This graph indicates that smoking prevalence among Washington men is lower than among men nationally. *Healthy People 2010* sets a target objective to reduce tobacco smoking by adults ages 18 and older to 12%.

## Smoking Prevalence Among Women in Washington State is Lower than That Reported by Women Nationally.



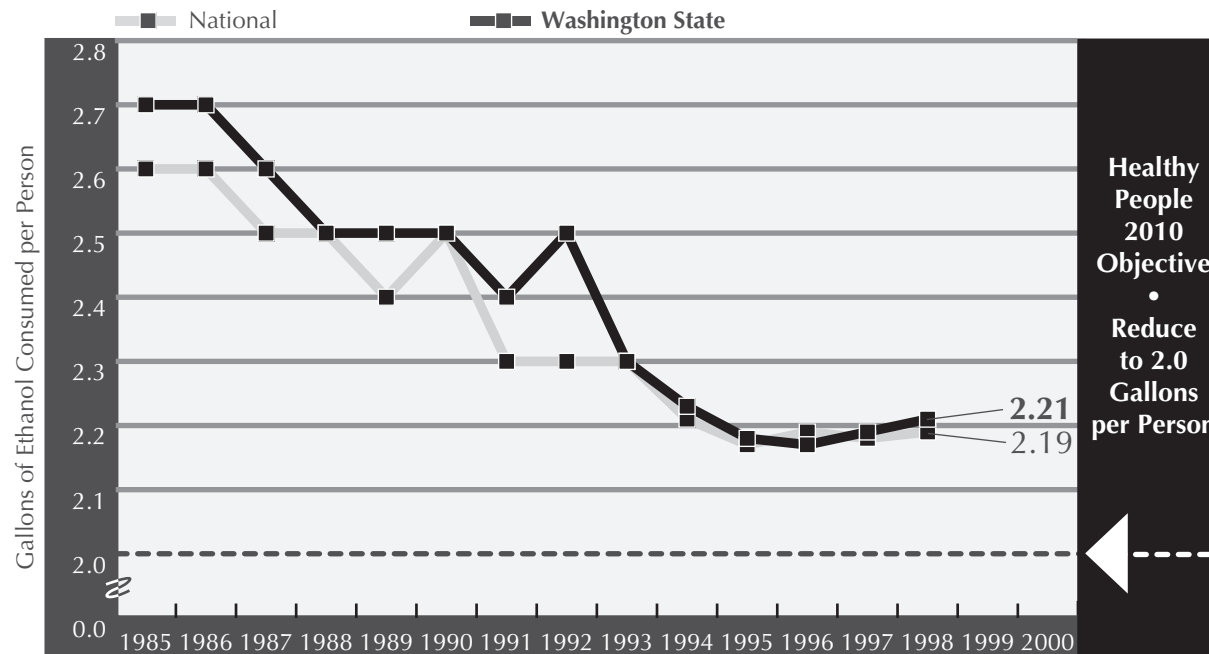
Source: Behavioral Risk Factor Surveillance System. National Center for Chronic Disease Prevention and Health Promotion.

This graph indicates that smoking prevalence among Washington women is lower than among women nationally. Smoking among women during pregnancy is of particular concern. *Healthy People 2010* states that evidence is accumulating indicating that maternal tobacco use is associated with mental retardation and birth defects such as oral clefts.<sup>1</sup>

<sup>1</sup> U.S. Department of Health and Human Services. (2000). *Healthy people 2010* (Conference edition), 27-3. Washington, DC.



## Per Capita Alcohol Consumption in Washington State is Similar to That of the Rest of the Nation.



Nephew, T., Williams, G., Stinson, F., Nguyen, K., and Dufour, M. (2000). Apparent Per Capita Alcohol Consumption: National, State, and Regional Trends, 1977-98. (Surveillance Report #55). Bethesda, MD: National Institute on Alcohol Abuse and Alcoholism.

State and national data reflect consumption for all persons over age 14. However, surveys indicate alcohol consumption among youth age 14 and younger. In 2000, 21.2% of Washington sixth graders, and 45.7% of eighth graders reported that they had already tried alcohol.<sup>1</sup>

<sup>1</sup> Office of the Superintendent of Public Instruction. (2001). Washington state survey of adolescent health behaviors. Olympia, WA.